

**General Certificate of Secondary Education
Home Economics (Food and Nutrition)**

B001CA

Unit B001: Food and Nutrition: Short Tasks

Specimen Controlled Assessment Material

INSTRUCTIONS TO TEACHERS

- Please refer to Section 5 of the Home Economics (Food and Nutrition) specification for instructions on completing controlled assessment tasks.
- Each task can be contextualised appropriately to suit facilities available in the area local to your centre.

This document consists of **2** printed pages.

Candidates submit **three** tasks for assessment. **One investigative** task and **two practical** tasks

Specimen investigative task

- Plan and carry out an investigation to assess the value of using a food processor, when making either a cake or bread mixture, in comparison to making the same mixture by hand. Consider costs, effort and time involved and outcomes when designing the investigation.

Clearly record and display results, using them as evidence on which to base conclusions.

Evaluate your work.

Specimen practical tasks

- Current dietary advice recommends that we increase our intake of fibre. Choose a traditional recipe and adapt it to increase the fibre content.

Plan and make the item, using data to support the changes.

Evaluate your work and the success of the changes.

NB: This could be changed to focus on fat, sugar or salt.

- Calcium is an important nutrient for developing strong bones and teeth. Plan and make 2 food items which are high in calcium. Use nutritional data to support the choice of items to make.

Evaluate your work.

NB: This could be changed to focus on other minerals such as iron or on individual vitamins. The focus could also be related to specific groups who may need specific nutrients e.g. young children teenagers, pregnant women and so on.

OXFORD CAMBRIDGE AND RSA EXAMINATIONS

General Certificate of Secondary Education

HOME ECONOMICS: FOOD AND NUTRITION

UNIT B001: FOOD AND NUTRITION: SHORT TASKS

Specimen Controlled Assessment Mark Scheme

The maximum mark for this unit is 60 (20 marks per task)

SPECIMEN

Unit B001 Food and Nutrition: Short Tasks

The maximum mark for this unit is **60** (20 marks per task). Candidates submit three short tasks for assessment. One investigative task and two practical tasks are marked out of a total of 20 marks using the marking criteria below giving a total out of 60 marks for the complete unit.

| Support and help needed | Some support given | Candidate works increasingly independently |
|--|--|--|
| <p>Planning AO2 and AO3</p> <ul style="list-style-type: none"> • Makes a suitable choice in response to the Task • Gives limited reasons for choice • Produces brief plan for practical work to include lists of ingredients and timed plan <p style="text-align: right;">0-2 marks</p> | <ul style="list-style-type: none"> • Makes suitable choices in response to the Task • Gives reasons for choices made • Produces accurate plan for practical work to include lists of ingredients and timed plan • Chooses recording charts for taste panels and/or evaluations of chosen ideas if appropriate <p style="text-align: right;">3 marks</p> | <ul style="list-style-type: none"> • Makes suitable choices in response to the Task • Gives detailed reasons for choices made • Produces accurate & detailed plan for practical work to include lists of ingredients and timed plan • Plans and produces instructions and recording charts for taste panels and/or evaluations of chosen ideas if appropriate <p style="text-align: right;">4 marks</p> |
| <p>Practical Work AO1 and AO2</p> <ul style="list-style-type: none"> • Follows plan with help • Organises equipment/materials with help • Uses equipment safely • Demonstrates some skills in carrying out practical task <p style="text-align: right;">0-3 marks</p> | <ul style="list-style-type: none"> • Follows plan • Organises equipment/materials effectively • Uses equipment safely • Demonstrates a range of skills <p style="text-align: right;">4-6 marks</p> | <ul style="list-style-type: none"> • Follows plan effectively • Organises resources independently • Uses equipment safely & independently • Competently demonstrates a range of skills <p style="text-align: right;">7-8 marks</p> |

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|---|--|--|
| <p>Outcomes AO2</p> <ul style="list-style-type: none"> • Produces a quality outcome <p style="text-align: right;">0-2 marks</p> | <ul style="list-style-type: none"> • Produces one or two quality outcomes • Completes recording charts if appropriate <p style="text-align: right;">3 marks</p> | <ul style="list-style-type: none"> • Produces one or two well presented, quality outcomes • Accurately completes recording charts if appropriate <p style="text-align: right;">4 marks</p> |
| <p>Evaluation AO3</p> <ul style="list-style-type: none"> • Makes general comments about the Task <p style="text-align: right;">0-2 marks</p> | <p>Produces an evaluation which:</p> <ul style="list-style-type: none"> • Identifies some strengths in the work • Identifies areas to improve and recommends changes that could be made <p style="text-align: right;">3 marks</p> | <p>Produces a high quality evaluation which:</p> <ul style="list-style-type: none"> • Identifies strengths in the work • Identifies areas to improve and recommends changes that could be made • Draws conclusions that relate to the Task title <p style="text-align: right;">4 marks</p> |
| TOTAL OUT OF 20 | | |

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