

GCSE



CCEA GCSE

# Home Economics: Food and Nutrition

## Controlled Assessment Teacher Guidance

Updated: 26 June 2019





## Component 2: Practical Food and Nutrition

- Candidates must complete the title issued on the 1<sup>st</sup> September of the academic year in which the award is to be made.
- The title will change each year.
- Candidates must prepare, cook and present three dishes and accompaniments in **a single session of no more than three hours.**
- The word limit for the whole task is 3500 words, not including the bibliography or referencing of secondary sources. An overall tolerance of + /−10% will be accepted. A word count must be stated for Parts A, B and E along with an overall total word count.
- When placing candidates within mark bands teachers must take cognisance of the following, as shown in Assessment Criteria:
  - The level of support/guidance that the candidate needed to complete the tasks. (See section 6.5 in the GCSE Specification in relation to authenticity and feedback).
  - The degree of accuracy of spelling, punctuation and the rules of grammar.
  - The use of specialist terminology.

### Part A:

#### Research and Viewpoints (max 800 words)

- Candidates must research the title using more than four different sources to explore the task title in-depth. This could include:
  - Textbooks;
  - Leaflets;
  - Magazines;
  - Newspapers;
  - Websites;
  - Journals;
  - DVDs;
  - Expert opinions; and
  - TV programmes and YouTube videos
- Candidates' access to resources is determined by those available to the centre.
- They should select, present and accurately apply current information relevant to the title. (See Appendix 1)
- All sources should be referenced in the text and included in the bibliography.
- Candidates must gather and analyse the viewpoints of two people on a question relevant to the title.
- The candidate must then give their own viewpoint. (See Appendix 1)

### Part B

#### Justification of Choice (max 1500 words)

- Candidates must decide on the dishes they are going to plan, prepare and make. These should be relevant to the controlled assessment task and reflect a high level of practical skills. These might include:
  - Weighing and measuring accurately;
  - Cooker management;

- Organisational skills i.e. through following a detailed and accurate time plan with evidence of dovetailing;
- Use of technical equipment, e.g. food processors, blenders;
- Knife skills for meat, fish and alternatives;
- Techniques for preparing fruit and vegetables, e.g. preparation of ingredients such as chopping onions and fanning strawberries;
- Soup and sauce making e.g. white sauce;
- Combining and shaping mixtures;
- Dough making and shaping, e.g. pastry making, bread making;
- Using raising agents e.g. during baking;
- Setting a mixture, e.g. use of gelatine; and
- Handling eggs e.g. separating eggs for meringues, whisking egg whites, and making a custard.

NB: This is not an exhaustive list of skills.

See the sample menu below:

**MENU**

**Roasted Red Pepper and Tomato soup served with homemade  
Wheaten Bread**

**Fish Pie with cheese mash and Seasonal Vegetables**

**Iced Berry Mousse Cake**

- They must produce a detailed justification of the chosen dishes with reference to all the listed criteria.
  - Relevance to the title i.e. overall how their dishes meet the task title
  - Nutritional analysis\*
  - Skills included
  - Aesthetics
  - Time and ingredients available

See Appendix 2 for an example of each criteria

\* This nutritional analysis will show a breakdown of macro and micro nutrients. The nutrients analysed must be relevant to the title and limited to those in the specification. This analysis can be done manually (see factfile ‘Calculate energy and nutritional values of recipes/meals/diets’) or could be enhanced through the use of a nutritional programme e.g. <http://explorefood.foodafactoflife.org.uk/> and [www.nutrition.programme.co.uk](http://www.nutrition.programme.co.uk).

Candidates are expected to include evidence i.e. a print out of their nutritional analysis for the chosen dishes in an Appendix.

## Part C

### Planning

- Candidates have to plan and prepare 3 dishes with accompaniments in a **3 hour practical session**.
- Candidates should provide precise and accurate evidence of planning for the practical activity to include:
  - An ingredient list for each dish (metric measurements only);
  - An equipment list for each dish including serving dishes;
  - A combined shopping list shown under the headings fruit and vegetables, dairy, meat/fish, grocery, bakery;
  - A detailed and logical time plan; and
    - The time plan should be in 15 minute intervals **over the 3 hour period** to include all activities involved in the preparation, cooking, **washing up** and serving of the 3 dishes.
    - This time plan should demonstrate the ability to sequence and dovetail tasks.
  - Costings for each dish and per portion.
    - Prices can be obtained from online supermarket websites or shop visits. Costings can be calculated either manually or using a specific programme e.g. log onto [www.foodfactoflife.org.uk](http://www.foodfactoflife.org.uk) >Resources>General Resources>ICT then select costing the ingredients.

## Part D

### Practical Activity

During the practical session candidates will be assessed on:-

#### Organisation and management

- Candidates should demonstrate organisation and management skills relating to the task which include:
  - Selection of appropriate materials and equipment;
  - Adhering to a time plan;
  - Effective cooker management; and
  - Keeping the preparation area organised.

#### Skills

- Candidates should demonstrate a wide range of technical and food preparation skills across their 3 dishes. Assessment will be based on:
  - the variety of skills demonstrated;
  - the degree of competence in executing the skills;
  - the handling and preparation of ingredients and equipment; and
  - hygiene and safety.

#### Final outcomes

- Candidates should produce a highly competent outcome in each dish, demonstrating a highly competent standard of finish and presentation. This includes:
  - Appearance (colour, garnish, decoration of dishes);
  - Aesthetics (taste, texture, aroma); and
  - Overall final presentation of the serving table.

The finished dishes **must** be photographed and submitted in the final report. Only one colour photograph is required and should be taken as close as possible to the final outcomes. The candidate should not appear in the photograph.

## **Part E**

### **Evaluation (max 1200)**

- Candidates must evaluate all parts of the task identifying a wide range of strengths and weaknesses and suggesting perceptive improvements in relation to:
  - Part A: Research and viewpoints
  - Part B: Justification of choice
  - Part C: Planning (including costing)
  - Part D: The practical activity and final outcomes

### **Presentation**

- Candidates must:
  - Include a bibliography (2 marks) to reference all the sources they used in the task, including recipes. (See Appendix 4)
  - Organise their report (1 mark). Write their task on A4 sheets using the same font style and size 12 throughout and include an Appendix for nutritional analysis and costing.
  - Include the word counts for Parts A, B and E and total word count (1 mark).
  - Submit work in a secure data folder.

When submitting candidates' work, the CCEA proforma cover for controlled assessment must be used (available for download from the CCEA microsite).

## Appendix 1: Part A Research and Viewpoints

### Example of research

“Eating too much saturated fat can increase the amount of cholesterol in your blood, which can increase your risk of developing cardiovascular disease”. It is the type of fat which is important in relation to heart health and “wherever possible replace saturated fats with small amounts of monounsaturated and polyunsaturated fats”. ([www.bhf.org.uk](http://www.bhf.org.uk) accessed 28/10/2016). Therefore it would be important to replace foods high in saturated fat with those that are richer in unsaturated fat, such as replacing processed meat with oily fish.

In addition, in relation to diet and heart health The Daily Telegraph, 24<sup>th</sup> September 2012 stated, an “antioxidant-rich diet cuts heart attack risk”. It goes on to say that older women who ate “seven fruit and vegetable portions a day were between 20 and 29 per cent less likely to have a heart attack over a decade than those who ate just 2.4 [portions]”. This evidence clearly endorses Government recommendations to eat at least 5 portions of fruit and vegetables daily.

### Example of viewpoints

As part of my investigation, I asked my next door neighbour does he purchase low (saturated) fat foods. He told me, “I look out for products that are low fat in order to try and ensure my diet, and the diet of my family is healthy. I have some nutritional knowledge so I check nutritional information on labels and do not just believe the claims on the front of packaging. Traffic light labelling is very useful for convenience foods”. **I think my neighbour has this opinion as he has knowledge and understanding of nutrition, as he is a nurse. In addition there are health issues in his family as his dad has had heart problems.**

I also asked my Aunt the same question. She stated that, “I don’t have time to examine labels in supermarkets but will try to purchase goods that claim to be better for my health. Where possible I check the traffic light labelling, although this is not on all products”. **My aunt has this opinion as she is very busy, with 2 young children and a full time job. She also has little nutritional knowledge in relation to labelling and daily intakes.**

My opinion is that it is difficult for many consumers to take time to consider which products are best for their health in relation to fat due to time constraints, a busy lifestyle and a lack of nutritional knowledge. The use of easier, clearer labelling schemes would be useful e.g. FoP and overall consumers need more education in relation to their diet choices.

## Appendix 2: Part B Justification of Choice

Relevance to the title

The menu chosen for this practical is overall low in saturated fat and has the addition of soluble fibre which can help reduce the incidence of high blood cholesterol levels (LDL). In addition there is no added salt to reduce the incidence of hypertension. There is a wide range of fruit and vegetables to enhance antioxidants in the diet to help fight free radicals in the atmosphere which have been proven to decrease the symptoms of heart disease.

Candidates must then use the information gained from the nutritional analysis to complete a written Nutritional Analysis, here is an example related to the title issued by CCEA.

### Nutritional analysis

The screenshot shows the 'explore FOOD' website interface. The browser address bar displays 'http://explorefood.foodafact...'. The page title is 'Nutritional analysis - Food a f...'. The user is logged in as 'MY-SCHOOL'. The recipe name is 'Fish Pie'. There are buttons for 'Save', 'Export', 'Print', and 'Menu'. The main table displays the nutritional analysis for the recipe.

Ingredients	Weight g	Energy		Fat g	Saturates g	Monounsaturates g	Pot
		kJ	kcal				
unsalted water	150						
✗ Prawns, king, grilled from raw	200	1060	252	14.4	9.16	3.84	
✗ Salt	5	118.8	28.5	1.59	1.05	0.38	
✗ Potatoes, old, baked, flesh only	800	65.6	15.65	0.42	0.11	0.08	
✗ Cheese, Cheddar, English	100	2447.2	595.2	65.76	41.67	16.73	
✗ Salmon, wild, steamed	200	600.4	140.8	0.56	0.18	0.09	
✗ Cod, flesh only, steamed	200	448.5	105	1.05	0.21	0.11	
✗ Cod, flesh only, steamed	200	866	204	1.8	0.4	0.2	
add new ingredient							
<b>Totals</b>	<b>2210</b>	<b>12515.5</b>	<b>2981.15</b>	<b>146.08</b>	<b>79.72</b>	<b>40.5</b>	

View summary

Energy & macronutrients    Vitamins    Minerals

\* = No information available  
\*\* = Present in significant amounts but no reliable information is available

© British Nut... The Project-Recipe-Fish Pie (1).dat download has completed. Open Open folder View downloads Disclaimer

15:24 13/10/2016



Close

Ingredients	Weight		Energy		Fat	Saturates	Monounsaturates	Polyunsaturates	Carbohydrate	Total Sugars	Protein	Fibre	Alcohol
	g		kJ	kcal	g	g	g	g	g	g	g	g	g
Milk, whole, pasteurised, average	400		1060	252	14.4	9.16	3.84	0.36	18.4	18.4	13.6	0.0	0
Onions, fried in butter	30		118.8	28.5	1.59	1.05	0.38	0.06	3.36	2.58	0.36	0.9	0
Bay leaf, dried	5		65.6	15.65	0.42	0.11	0.08	0.11	2.43	0**	0.38	0*	0*
Butter, salted	80		2447.2	595.2	65.76	41.67	16.73	2.26	0.48	0.48	0.48	0.0	0
Flour, wheat, white, plain, soft	40		600.4	140.8	0.56	0.18	0.09	0.1	32.36	0.24	3.64	1.6	0
Peas, frozen, boiled in unsalted water	150		448.5	105	1.05	0.21	0.11	0.57	16.8	8.85	8.25	8.3	0
Prawns, king, grilled from raw	200		866	204	1.8	0.4	0.2	0.5	0	0	47	0.0	0
Salt	5		0	0	0	0	0	0	0	0	0.0	0	0
Potatoes, old, baked, flesh only	800		2632	616	0.8	0	0	0.8	144	5.6	17.6	0*	0
Cheese, Cheddar, English	100		1725	416	34.9	21.68	9.43	1.1	0.1	0.1	25.4	0.0	0
Salmon, wild, steamed	200		1718	412	23.2	4.84	9.28	5.72	0	0	50.6	0.0	0
Cod, flesh only, steamed	200		834	196	1.6	0.42	0.36	0.28	0	0	45.6	0.0	0
<b>Totals</b>	<b>2210</b>		<b>12515.5</b>	<b>2981.15</b>	<b>146.08</b>	<b>79.72</b>	<b>40.5</b>	<b>11.86</b>	<b>217.93</b>	<b>36.25</b>	<b>212.91</b>	<b>0</b>	<b>0</b>

http://explorefood.foodfactoflife.org.uk/Calculator/PrintRecipe

MY-SCHOOL

Explore Food - Recipe Sum...

Save Export Print Menu

### Fish Pie

Number of portions:

	Unit	Per Recipe (2210g)	Per 100g	Per Portion (552g)
Energy	kJ	12515.5	566.3	3128.9
Energy	kcal	2981.2	134.9	745.3
Fat	g	146.1	6.6	36.5
Saturates	g	79.7	3.6	19.9
Monounsaturates	g	40.5	1.8	10.1
Polyunsaturates	g	11.9	0.5	3.0
Carbohydrate	g	217.9	9.9	54.5

Energy & macronutrients    Vitamins    Minerals

Energy and macronutrients

Edit recipe    Create label    Compare with DRVs

The salmon in this dish is a good source of polyunsaturated fats (Essential Fatty Acids) providing 3g per portion. These are necessary to reduce LDL cholesterol and are also anti-inflammatory. The peas in this dish are a rich source of folate having 59.5ug per portion. Folate is necessary for the prevention of Neural Tube Defects such as spina bifida. Folate has also been proven to reduce homocysteine level and can therefore help prevent CVD. The fish pie also provides 12g of Vitamin C per portion. Vitamin C helps protect and keep cells healthy, absorbs iron from food and promotes the development of connective tissue also being involved in wound healing (Home Economics for CCEA GCSE). Vitamin C is an antioxidant which are proven to fight free radicals and reduce the incidence of cancer and CVD. The butter is high in saturated fat (41.67g) per 80g. Overall the saturated fat content per portion is very high (19.9g). According to Government guidelines 5g saturated fat per 100g is 'high' ([www.nutrition.org.uk](http://www.nutrition.org.uk) accessed 17/10/2016). Low fat spread could be used in this dish to decrease the amount of saturated fat and increase unsaturated fat. In addition, the whole milk contributes 9.16g using skimmed milk will lower the amount of saturated fat which contains 9kcal per gram and can lead to obesity and increase the incidence of CVD.

## Technical skills included

To make the three dishes I will be exhibiting a variety of skills from basic hob and oven management, weighing and measuring ingredients accurately, knife skills in preparing the fish, fruit and vegetables. For the starter I will be making my own bread as an accompaniment; this involves rubbing in, kneading and shaping dough. I will also demonstrate knife skills and technical skills (hand blender) in the making of the soup. For the main course my sauce will be made from scratch using the roux method. I will have to ensure the potatoes are mashed well and creamy to allow for piping on top of the pie. For my dessert I will demonstrate cake making skills, working with gelatine and also working with eggs to whisk egg whites to soft peaks. Throughout the practical I will ensure excellent personal and kitchen hygiene.

## Aesthetics

The soup will be a colourful mixture of deep red and vibrant orange. To boost the visual appeal of this dish I will serve the soup with a swirl of cream and a sprinkle of fresh parsley. It will have a smooth texture which will contrast with the texture of the wheaten bread. The bread should have a soft inside and a crisp crunch to the crust.

The main dish will have a rich creamy taste with a range of textures from the fish, the smooth sauce and the crispy potato topping. These ingredients will combine to add an inviting aroma and flavour. The dish will be accompanied with a seasonal vegetables which will enhance the colour and overall appearance.

For the dessert, there will be a wide range of textures and colours used. The soft texture of the sponge compliments the smooth, rich cream filling of the dessert and the fresh fruit on top gives a delicious, fresh taste.

## **Time and ingredients available**

I have given careful consideration to the dishes I have chosen to ensure they can be completed within the allocated time but still demonstrating a range of skills. All of the ingredients chosen can be purchased locally and are available on the high street. Where possible I will purchase seasonal fruit and vegetables and the fish will be chosen from the harbour shop. I will avoid wastage by purchasing only what I need and reusing leftovers.

### Appendix 3: Part C Planning

An **example** of a combined shopping list

<b><u>Fruit and Vegetables</u></b>	<b><u>Dairy</u></b>
1 small onion 800g medium potatoes 100g broccoli florets 50g green beans 10g fresh parsley	445ml semi-skimmed milk 80g butter 100g Cheddar Cheese
<b><u>Meat/Fish</u></b>	<b><u>Grocery</u></b>
500g fish fillets e.g. salmon, hake, cod 200g large raw prawns, peeled	2 bay leaves 5g dried mixed herbs 5g sea salt 5g freshly ground black pepper 40g plain flour 150g frozen peas 3 medium eggs 340g tinned pineapple
<b><u>Bakery</u></b>	
2 slices wholemeal bread	

An **example** of costings

<b>Ingredient</b>	<b>Quantity Bought</b>	<b>Cost per unit</b>	<b>Quantity needed</b>	<b>Actual cost per ingredient</b>
	(This should be in metric)	(This is the price paid for the quantity bought i.e a bag of flour)	(This is the price per amount required in the recipe and will need to be calculated)	
Semi-skimmed milk	1 litre	0.75	445ml	0.33
1 small onion	1	0.16 each	1	0.16
Medium eggs	6	1.24	3	0.62
Plain flour	1 kg	0.80	40g	0.03
Cheddar cheese	350g	2.00	100g	0.57

An **example** of a time plan

<b>TIME</b>	<b>ACTIVITY</b>	<b>REMINDERS</b>
9.00 – 9.15 am	Wipe down the table and prepare myself by washing hands, tying back hair and putting on an apron. Collect ingredients and equipment.	Wash hands thoroughly. Pre-heat oven to 180c.
9.15 – 9.30 am	Weigh out any necessary ingredients.	

## Appendix 4: Presentation

Details required for the bibliography include:-

- Textbooks (author, date of publication, title, publisher)

EXAMPLE: Anderson, Nicola and Thompson, Claire; 2017; CCEA GCSE Food and Nutrition; Hodder Murray

- Leaflets (title, source, date of publication)

EXAMPLE: Salt and Your Health; Consensus Action on Salt and Health; 22<sup>nd</sup> October 2014

- Magazines (name of magazine; title of article, author, date of publication)

EXAMPLE: BBC Good Food Magazine; Something Different for the Weekend; Rimmer, S; November 2015.

- Newspapers (name of newspaper, title of article, author, date of publication)

EXAMPLE: Daily Mirror; Half of children have tooth decay – with poverty and sugar blamed for epidemic; April 2015

- Internet (website address, date accessed)

EXAMPLE: [www.soilassociation.org](http://www.soilassociation.org) (accessed 18<sup>th</sup> September 2017)

# CHECKLIST

## PART A – RESEARCH AND VIEWPOINTS

- Researching the title using secondary sources.
- Gathering and analysing viewpoints.

800 words

## PART B – JUSTIFICATION OF CHOICE

- Justifying the choice of dishes

1500 words

## PART C – PLANNING

- Providing ingredient lists, equipment list, shopping lists, costing and a detailed timeplan.

No word count

## PART D – PRACTICAL ACTIVITY

- Prepare, cook and present 3 dishes and accompaniments in a single session of no more than 3 hours.

## PART E – EVALUATION

- Evaluate all parts of the task.

1200 words