

GCSE



GCSE Food and Nutrition

Subject Guidance for Summer 2022



GCSE Home Economics: Food and Nutrition

Exceptional Assessment Adaptations (for 2021–2022)

GCSE Food and Nutrition CAT Guidance Summer 2022 only

TEACHER GUIDANCE

Please note these adaptations were approved by the Minister, Mr Peter Weir, on 6 November 2020 (ref: SUB 1902-2020 - Letter to Principals):

In GCSE Food and Nutrition, there will be a reduction in the content and word limit for the controlled assessment task which will continue to be worth 50% of the qualification. There will not be the option for candidates to be assessed on all elements of the original controlled assessment task.

The proposal that has been accepted is that ALL candidates will **complete** the **adapted Parts B, C and E only** of the Controlled Assessment Task. **There will be no assessment of the practical activity (Part D).**

These adaptations were carried forward into 2021/22.

Title: For older adults (65+ years) a range of nutrients and an enjoyment of food are required to achieve optimal health

- Candidates must plan two dishes and accompaniments suitable to the title.
- The word limit for the whole task is 1600 words (reduced from 3500) not including the bibliography or referencing. An overall tolerance of +/-10% will be accepted. A word count must be stated for Parts B and E, along with an overall total word count.
- Total marks available: 40 (reduced from 120).

Part A: Research and Viewpoints – omitted

Part B: Justification of Choice (1200 words – reduced from 1500; 16 marks reduced from 20)

Candidates should choose TWO dishes (starter and main course OR main course and dessert and accompaniments) that will reflect dietary advice for older adults (65+ years) and justify choice using the listed criteria:

- Relevance to the title – this should reflect an awareness of the nutritional needs of an older person, factors which might affect their enjoyment of food, dishes that might appeal to them. Pupils should research this information using at least TWO types of source, for example textbook, leaflet and/or website. Reference sources in the text.
- Nutritional content – **candidates are not required to carry out a nutritional analysis of the chosen dishes** – instead, a general discussion of the nutritional content of the dishes (protein, fat, carbohydrates, calcium and Vitamin D, iron and Vitamin C, sodium, B vitamins) highlighting their specific function for an older adult.
- Skills included – candidates should discuss the range of practical skills to be demonstrated in their chosen dishes. Reference should be made to higher level skills, for example knife skills, soup making, bread making, sauce making, pastry making, handling eggs and/or use of technical equipment.
- Aesthetics of the dishes – candidates should discuss the aesthetic qualities of the chosen dishes with reference to colour, flavour, texture and overall appearance.
- Time and ingredients available – candidates should demonstrate an awareness of the time required to produce each dish and the need to sequence and dovetail tasks to complete the dishes in the time allowed; candidates should discuss the availability of the ingredients within dishes, making reference to seasonality if relevant.

Part C: Planning (6 marks – reduced from 8)

Planning should include the following:

- Ingredient list (per dish) - metric measurements only
- Equipment list (per dish) – including serving dishes
- A combined shopping list shown under the headings Fruit and Vegetables, Dairy, Meat/Fish, Grocery and Bakery

Time plan (8 marks – reduced from 12)

- A detailed and logical time plan in 15 minute intervals over the 2 hour period to include all activities involved in the preparation, cooking, washing up and serving of the 2 dishes and

accompaniments. The time plan should demonstrate the ability to sequence and dovetail tasks.

- **Costing of each dish – omitted.**

CANDIDATES ARE NOT REQUIRED TO UNDERTAKE THE PRACTICAL ELEMENT OF THE CONTROLLED ASSESSMENT THIS YEAR.

Part E: Evaluation (400 words – reduced from 1200; 8 marks – reduced from 20)

Candidates should evaluate the following parts of the task identifying strengths and weaknesses and suggesting improvements in relation to:

- Justification of Choice
- Planning for the practical

Presentation

Candidates must:

- include a bibliography to reference all sources used in the task, including recipes, and word counts for Parts B and E **(2 marks – reduced from 4)**

Amended Assessment Criteria for Component 2: Practical Food and Nutrition

Please note that the amended assessment criteria for the reduced controlled assessment task (for Summer 2022) are included in the pages overleaf.

Assessment Criteria for Component 2: Practical Food and Nutrition (2021/22 only)

Part of Task and assessment Objective(s)	Mark Band 1	Mark Range	Mark Band 2	Mark Range	Mark Band 3	Mark Range	Mark Band 4	Mark Range
	<p>Overall impression: Limited</p> <p>Uses spelling, punctuation and the rules of grammar with some accuracy so that the meaning is reasonably clear</p> <p>Uses a limited range of specialist terms appropriately</p> <p>At this level, candidates may require support and guidance</p>		<p>Overall impression: Adequate</p> <p>Uses spelling, punctuation and the rules of grammar with reasonable accuracy so that the meaning is reasonably clear</p> <p>Uses an adequate range of specialist terms appropriately</p> <p>At this level, candidates may require guidance</p>		<p>Overall impression: Competent</p> <p>Uses spelling, punctuation and the rules of grammar with considerable accuracy so that the meaning is clear</p> <p>Uses a good range of specialist terms appropriately</p> <p>At this level, candidates may require little guidance</p>		<p>Overall impression: Highly Competent</p> <p>Uses spelling, punctuation and the rules of grammar with almost complete accuracy so that the meaning is clear</p> <p>Uses a wide range of specialist terms skilfully and with precision</p> <p>At this level, candidates work independently</p>	
<p>Part B: Justification of Choice AO1, AO2 and AO3</p>	Presents a basic justification of chosen dishes, with limited reference to the listed criteria; less than TWO different types of source used to research the title	1-4	Presents an adequate justification of chosen dishes, with some reference to the listed criteria; less than TWO different types of source used to research the title	5-8	Presents a competent justification of chosen dishes, with reference to all the listed criteria; TWO different types of source used to research the title	9-12	Presents a highly competent and detailed justification of chosen dishes, with reference to all the listed criteria; more than TWO different types of source used to research the title	13-16
<p>Part C: Planning AO1, AO2 and AO3</p>	<p>Demonstrates limited planning that includes:</p> <ul style="list-style-type: none"> ingredient, equipment and shopping lists, with limited or no detail; and a limited time plan that lacks sufficient detail 	<p>1</p> <p>1-2</p>	<p>Demonstrates adequate planning that includes:</p> <ul style="list-style-type: none"> ingredient, equipment and shopping lists that may lack some detail; and an adequate time plan that lacks some detail 	<p>2</p> <p>3-4</p>	<p>Demonstrates competent planning that includes:</p> <ul style="list-style-type: none"> mostly accurate ingredient, equipment and shopping lists; and a clear time plan that demonstrates the ability to sequence tasks 	<p>3-4</p> <p>5-6</p>	<p>Demonstrates highly competent planning that includes:</p> <ul style="list-style-type: none"> detailed and accurate ingredient, equipment and shopping lists; and a detailed and logical time plan that demonstrates the ability to sequence and dovetail tasks 	<p>5-6</p> <p>7-8</p>

Part E: Evaluation AO1, AO2 and AO3	Produces a limited evaluation of some parts B and C of the task, identifying a limited range of strengths and weaknesses, and may suggest improvements	1-2	Produces an adequate evaluation of parts B and C of the task, identifying an adequate range of strengths and weaknesses, and suggesting improvements	3-4	Produces a competent evaluation of parts B and C of the task, identifying a good range of strengths and weaknesses, and suggesting improvements	5-6	Produces a highly competent evaluation of parts B and C of the task, identifying a wide range of strengths and weaknesses, and suggesting perceptive improvements	7-8
Presentation							Bibliography and word counts (2 marks) <ul style="list-style-type: none"> • accurate, including all recipe sources (2 marks) • incomplete bibliography/missing a word count (1 mark) • bibliography omitted/no word counts (0 marks) 	
							Total marks available	40

