

Qualification Name: NCFE Level 2 Certificate in Food and Cookery- March 2018

Task 1a.			
Assessment criteria:	Pass:	Merit:	Distinction:
1.1 Explain what is meant by a balanced diet.	Learners will explain what is meant by a balanced diet.	Learners will explain in detail what is meant by a balanced diet.	Learners will comprehensively explain what is meant by a balanced diet.
Range:	Balanced diet: to include portion control, water intake and dietary fibre, RI/GDAs etc.		
1a. Explain the term balanced diet. Give examples to support your answer.			
<p>NYA</p> <p>Inadequate explanation or misunderstanding with no examples referenced</p> <p>For example:</p> <ul style="list-style-type: none"> eating the right things eating healthily a balanced diet contains the nutrients we need. 	<p>Learners will provide a basic explanation that is mostly accurate of what is meant by a balanced diet.</p> <p>Learners will make basic reference to some of the following that is partially accurate:</p> <ul style="list-style-type: none"> Nutrients Portion control Water intake Dietary Fibre RI/GDI's <p>Examples:</p> <p>Learner's explanation states:</p> <p>Nutrients such as proteins, carbohydrates, fats vitamins and minerals are in the correct proportion to each other, to meet their individual needs and keep them healthy</p> <p>Learner's responses may discuss the Eatwell Guide and food groups, or draw a</p>	<p>Learners will provide an explanation that will be detailed and mostly accurate of what is meant by a balanced diet.</p> <p>Learners will accurately make reference to most of the following:</p> <ul style="list-style-type: none"> Nutrients Portion control Water intake Dietary Fibre RI/GDI's <p>Examples:</p> <p>Learner's explanation states:</p> <p>A diet which provides a person with all of the nutrients plus water and non-starch polysaccharide/dietary fibre in the correct proportions to meet their individual energy and health needs. It should include a variety of different foods and be in line with Eatwell plate guidelines/ Reference Intake (or GDA) guidelines.</p>	<p>Learners will provide an explanation that will be comprehensive and fully accurate of what is meant by a balanced diet.</p> <p>Learners will accurately make reference to all of the following:</p> <ul style="list-style-type: none"> Nutrients Portion control Water intake Dietary Fibre RI/GDI's <p>Examples:</p> <p>Learner's explanation states:</p> <p>A diet which provides a person with all of the nutrients, ie chemicals found in food plus water and non-starch polysaccharide/dietary fibre in the correct proportions to meet their individual energy and health needs. It should contain a variety of different foods, be in line with Eatwell plate/Reference Intake (or GDA) guidelines (for energy intake, fat including saturated fat, salt and sugar), and should normally meet but not exceed</p>

	representation of the Eatwell Guide showing segment sizes.	NB: If mention water but not dietary fibre or vice versa then still a Merit. Learner's responses may make reference to the food groups in the Eatwell Guide or Eatwell Plate.	energy requirements by giving appropriate portion sizes. Learner's responses may include Reference Nutrient Intakes (RNI) for protein, vitamins and minerals. May make reference to the food groups and proportions of these in the Eatwell Guide or Eatwell Plate.
Glossary of Terms:	<i>Describe:</i> Define, <i>explain</i>	<i>Detailed:</i> Thorough and in depth	<i>Comprehensive:</i> All-encompassing

Task 1b.			
Assessment criteria:	Pass:	Merit:	Distinction:
1.2 Describe the nutrients that make up a balanced diet.	Learners will describe the nutrients that make up a balanced diet.	Learners will describe in detail nutrients that make up a balanced diet.	Learners will comprehensively describe the nutrients that make up a balanced diet.
Range:	Nutrients: macro (carbohydrates, fats, proteins), micro (vitamins A, B group, C and D), minerals (iron and calcium), source, function, deficiency.		
<p>1b. Our bodies need macro and micronutrients to ensure good health. Complete the information in the tables below. For each nutrient listed provide:</p> <ul style="list-style-type: none"> • food sources where the nutrient is found • a description of the functions of the nutrient in the body • a description of the effects of not eating enough of that nutrient. <ul style="list-style-type: none"> - Carbohydrate - Vitamin C - Iron 			
<p>NYA</p> <p>Inadequate or incorrect information given for two or more of the nutrients e.g. no or incorrect sources, functions or effects of deficiency so that the nutrients are not described.</p>	<p>Learners will complete the table providing a basic descriptions of each of the nutrients that are partially accurate.</p> <p>Examples:</p> <p>Carbohydrate eg: <u>Food sources:</u> eg fruit, sugar, potatoes, and breakfast cereals.</p> <p><u>Functions</u> eg for energy.</p> <p><u>Effects of not eating enough</u> eg lack of energy and weight loss.</p> <p>Positive mark and reward answers that also focus on excess: eg tooth decay, obesity.</p> <p>Vitamin C eg:</p>	<p>Learners will complete the table providing detailed and mostly accurate descriptions of each of the nutrients.</p> <p>Examples:</p> <p>Carbohydrate eg: <u>Food sources:</u> Sugars eg fruit such as oranges and sugar such as sugar beet and sugar cane. Starches such as potatoes and breakfast cereals.</p> <p><u>Functions</u> eg for energy, warmth, insulation or protection</p> <p><u>Effects of not eating enough</u> eg hunger, lack of energy, weight loss. In severe cases eg in famine – starvation.</p>	<p>Learners will complete the table providing comprehensive and fully accurate descriptions of each of the nutrients.</p> <p>Examples:</p> <p>Carbohydrate eg: <u>Food sources:</u> Carbohydrate is a macronutrient; there are several types including: Sugars – monosaccharides (simple sugars) such as fructose in fruit such as oranges and disaccharides (double sugars) such as sucrose in sugar such as sugar beet and sugar cane. Polysaccharides (complex carbohydrates) such as starch in potatoes and breakfast cereals.</p> <p><u>Functions</u> eg: For energy to be used for the workings of the body such as breathing. Activity eg walking.</p>

	<p><u>Food sources</u> eg oranges, lemons, grapefruit, citrus fruits, green leafy vegetables, blackcurrants, kiwi fruit, tomatoes, peas.</p> <p><u>Functions</u> eg keeps skin and gums healthy, helps with absorption of iron, fights infection.</p> <p><u>Effects of not eating enough</u> eg poor skin and gums, fatigue, anaemia. High risk to infection.</p> <p>Iron eg:</p> <p><u>Food sources</u> eg beef, lamb, pork: red meat, liver and kidneys, green leafy vegetables, dried apricots, egg yolk.</p> <p><u>Functions</u> eg makes red blood cells which carry oxygen around the body. Gives blood its red colour.</p> <p><u>Effects of not eating enough</u> eg anaemia where you feel tired, fatigue and your skin is pale.</p>	<p>Positive mark and reward answers that also focus on excess: eg tooth decay, obesity.</p> <p>Vitamin C eg:</p> <p><u>Food sources</u> eg: oranges, lemons, grapefruit, citrus fruits, green leafy vegetables, blackcurrants, kiwi fruit, tomatoes, peas, new potatoes, and broccoli.</p> <p><u>Functions</u> eg: Keeps skin and gums healthy, Helps with absorption of iron so should be eaten with iron-rich foods, is an antioxidant so helps prevent pollutants entering cells.</p> <p><u>Effects of not eating enough</u> eg poor skin and gums, corners of the mouth can crack and bleed, anaemia can develop which causes fatigue.</p> <p>Iron eg:</p> <p><u>Food sources</u> eg beef, lamb, pork, red meat, liver and kidneys, green leafy vegetables, dried apricots, egg yolk, cocoa, plain chocolate. Can be found in some fortified cereals</p> <p><u>Functions</u> eg makes the protein haemoglobin which is found in red blood cells which carry oxygen around the body and carbon dioxide back out of the body. Oxygen rich blood.</p> <p><u>Effects of not eating enough</u> eg anaemia where you feel tired and lethargic. Your complexion and your inner eyelids will be pale. Your fingernails may be weak and split.</p>	<p><u>Effects of not eating enough</u> eg: Deficiency leading to hunger, lack of energy, weight loss. Normally if carbohydrates are in short supply then fats and proteins are used for energy. When dieting the aim is to reduce total energy intake so that fat stores are used. In severe cases e.g. in famine, malnutrition and starvation can occur.</p> <p>Positive mark and reward answers that also focus on excess: eg tooth decay, obesity.</p> <p>Vitamin C eg:</p> <p><u>Food sources:</u> oranges, lemons, grapefruit, citrus fruits, green leafy vegetables, blackcurrants, kiwi fruit, tomatoes, peas, new potatoes, broccoli.</p> <p><u>Functions</u> eg: Keeps skin and gums healthy, helps with absorption of iron so should be eaten with iron-rich foods, is an antioxidant so helps prevent pollutants entering cells, assists the production of collagen, which makes connective tissue to bind cells together in the body.</p> <p><u>Effects of not eating enough</u> eg poor skin and gums, corners of the mouth can crack and bleed, gums can swell and can bleed, nose bleeds, poor healing of wounds, dry skin, splitting hair, problems fighting infections, anaemia can develop which causes fatigue, unexplained weight loss. In severe cases a disease called scurvy develops.</p> <p>Iron eg:</p> <p><u>Food sources</u> eg: beef, lamb, pork, red meat, liver and kidneys, green leafy vegetables, dried apricots, egg yolk, cocoa, plain chocolate. Can be found in some fortified cereals and breads.</p>
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			<p>Vegetable sources are non-haem iron which is more difficult for the body to absorb, so foods high in vitamin C should be eaten to help with the absorption</p> <p><u>Functions</u> eg: makes the protein haemoglobin which is the red coloured protein found in red blood cells which carries oxygen around the body and carbon dioxide back out of the body.</p> <p><u>Effects of not eating enough</u> eg: anaemia where you feel tired and lethargic. Your complexion and your inner eyelids will be pale. Your fingernails may be weak and split.</p> <p>Women need more iron than men because they have periods where they lose blood every month.</p>
Glossary of Terms:	Describe: Define, explain	Detailed: Thorough and in depth	Comprehensive: All-encompassing

Task 2a, b, c, d.			
Assessment criteria	Pass	Merit	Distinction
1.3 Explain nutrient requirements for different groups of people.	Learners will explain nutrient requirements for different groups of people.	Learners will explain in detail nutrient requirements for different groups of people.	Learners will comprehensively explain nutrient requirements for different groups of people.
Range:	<i>Groups of people: age (babies and toddlers, pre-schoolers, children, teenagers, adults, older) gender, activity level, health conditions (lactose intolerance, nut allergy, coronary heart disease, vegans).</i>		
<p>2a. Identify the nutrients which are likely to be missing from Stephen's diet and explain your reasons.</p> <p>2b. Identify the nutrients which are likely to be in excess in Stephen's diet and explain your reasons.</p> <p>2c. Explain the impact this diet is likely to have on Stephen's health and well-being over time.</p> <p>2d. Teenagers are still growing and developing into adults. They often do not eat a very healthy diet, relying on fast food and ready meals. Explain the importance of good nutrition for teenagers and give suggestions as to how this can be achieved.</p>			
<p>NYA</p> <p>Inadequate or incorrect explanation given for one or more groups eg no or incorrect nutrient requirements given, response is very general to any diet rather than being specific to the group(s) set in the task.</p>	<p>Learners will identify some nutrients missing from Stephens's diet to include a basic explanation that is partially accurate.</p> <p>Learners will identify some nutrients in Stephens's diet that are in excess to include a basic explanation that is partially accurate.</p> <p>Learners will provide a basic explanation that is partially accurate of some of the impacts this diet will on his health and wellbeing overtime.</p> <p>Learners will provide a basic explanation that is partially accurate of the importance of good nutrition to include some suggestions that are partially accurate.</p>	<p>Learners will identify most nutrients missing from Stephens's diet to include a detailed explanation that is mostly accurate.</p> <p>Learners will identify most nutrients in Stephens's diet that are in excess to include a detailed explanation that is mostly accurate.</p> <p>Learners will provide a detailed explanation that is mostly accurate of many of the impacts this diet will on his health and wellbeing overtime.</p> <p>Learners will provide a detailed explanation that is mostly accurate of the importance of good nutrition to include some suggestions that are mostly accurate.</p>	<p>Learners will identify all nutrients missing from Stephens's diet to include a comprehensive explanation that is fully accurate.</p> <p>Learners will identify all nutrients in Stephens's diet that are in excess to include a comprehensive explanation that is fully accurate.</p> <p>Learners will provide a comprehensive explanation that is fully accurate of all of the impacts this diet will on his health and wellbeing overtime.</p> <p>Learners will provide a comprehensive explanation that is fully accurate of the importance of good nutrition to include some suggestions that are fully accurate.</p>

	<p>Examples:</p> <p>(2a) eg: Vitamins and minerals are likely to be missing from Stephen's diet due to a lack of fruit and vegetables.</p> <p>(2b) eg: Stephen may have too much fat and maybe too much sugar in his diet because he eats a lot of takeaway foods that tend to be high in fat.</p> <p>(2c) eg: If Stephen is short of vitamins and minerals he may have poor skin, bones and teeth as well as general poor health and catch infections easily. If he has too much fat and sugar it will make him put on weight and will be bad for his heart.</p> <p>(2d) eg: Teenagers are still growing and developing so need protein for growth, calcium for strong bones and vitamins and minerals for healthy skin and nerves. Some carbohydrates for energy.</p>	<p>Examples:</p> <p>(2a) eg: Vitamins - especially vitamin C - and minerals - especially calcium and iron - are likely to be the nutrients missing from Stephen's diet due to a lack of fruit and vegetables. He will also probably be short of non-starch polysaccharide/dietary fibre because fruit and vegetables are a good source of this.</p> <p>(2b) eg: Stephen may have too much fat and maybe too much carbohydrate, especially sugar, in his diet because he eats a lot of takeaway foods, which tend to be high in these nutrients. He is also likely to be eating too much salt, because this is often added as a flavour enhancer to takeaway foods.</p> <p>(2c) eg: If Stephen is short of vitamins, especially vitamin C, he may have poor skin, bones, gums and teeth as well as general poor health and lack of resistance to infection. He may also become depressed and irritable. If he is short of minerals such as calcium this will also affect his bones and teeth and if he is short of iron it may affect his blood, which could cause him to lack energy. If he is short of non-starch polysaccharide/dietary fibre, this may lead to constipation. If he has too much fat and sugar it will make him put on weight and will be bad for his heart. Too much sugar can also lead to Type 2 diabetes. Too much salt can be bad for his blood pressure and lead to strokes.</p> <p>(2d) eg: Teenagers are still growing. They will need a good supply of protein to help growth and repair of cells. Hormones are developing as</p>	<p>Examples:</p> <p>(2a) eg: Vitamins - especially vitamin C - and minerals - especially calcium and iron - are likely to be the nutrients missing from Stephen's diet due to a lack of fruit and vegetables. This will also probably make him short of non-starch polysaccharide/dietary fibre, which is not actually a nutrient because it is not absorbed during digestion but is just as important in a balanced diet.</p> <p>(2b) eg: Stephen may have too much fat and maybe too much carbohydrate, especially sugar, in his diet because he eats a lot of takeaway foods, which tend to be high in these macronutrients as takeaway food is often fried. This will make him put on weight and will be bad for his heart as it can lead to coronary heart disease, especially in an inactive person. He is also likely to be eating too much salt because this is often added as a flavour enhancer, which is sodium chloride and can be bad for his blood pressure and contribute to the possibility of a stroke, especially in an inactive person.</p> <p>(2c) eg: If Stephen is short of vitamins, especially vitamin C, he may have poor skin, bones, gums and teeth as well as general poor health and lack of resistance to infection - eg he may catch colds and flu easily. If he injures himself the wound may take a long time to heal. He may also become depressed and irritable due to the impact of a lack of vitamin C on the nervous system.</p> <p>If he is short of minerals such as calcium this will also affect his bones and teeth and could cause him muscular problems, and if he is short of iron</p>
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		<p>teenagers are going through puberty, and these need proteins to form.</p> <p>Calcium is needed for strong bones and teeth.</p> <p>Vitamins, such as vitamin A for eye health, vitamin B group for nerves and digestion, vitamin C for iron absorption and skin and gums.</p> <p>Females need plenty of iron as they will be starting their periods.</p> <p>Some carbohydrates are needed for energy, preferably starchy slow-release carbohydrates to stop them snacking on sugary foods.</p>	<p>it may affect his blood, which could cause him to lack energy and lead to anemia. If he is short of non-starch polysaccharide/dietary fibre, this may lead to constipation in the short term and over time could lead to a serious illness like cancer of the bowel. If he has too much fat and sugar it will make him put on weight and will be bad for his heart and can lead to coronary heart disease and heart attack, especially at his age. Too much sugar can also lead to Type 2 diabetes. Too much salt can be bad for his blood pressure and lead to strokes, especially at his age, and as he has an inactive lifestyle.</p> <p>(2d) eg Teenagers need protein to form new cells as they are growing and often have growth spurts where their bodies grow quickly.</p> <p>Teenagers, particularly boys, often play sports, so if they injure themselves they need protein for repair.</p> <p>Muscle growth is happening, and this needs proteins.</p> <p>Plenty of carbohydrates for energy, but preferably starchy carbohydrates such as pasta and rice for slow-release energy.</p> <p>Vitamins are needed, such as vitamin A for healthy eyesight, the vitamin B group for digestion and nerve functions, vitamin C for iron absorption, healthy skin and gums and to prevent tiredness and depression.</p> <p>Vitamin D works with calcium to form strong bones.</p> <p>Calcium is needed for strong bones and teeth. Bone mass is being laid down at this age, and a</p>
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			<p>correct diet now will help prevent osteoporosis developing at a later age.</p> <p>Iron is needed, especially for girls as they have menstrual periods which means they lose blood every month.</p>
Glossary of Terms	Describe: Define, explain	Detailed: Thorough and in depth	Comprehensive: All-encompassing

Tasks 3a, 3b.

Assessment criteria	Pass	Merit	Distinction
<p>1.5 Explain how nutritional information on food labels can inform healthy eating</p>	<p>Learners will explain how nutritional information on food labels can inform healthy eating.</p>	<p>Learners will explain how nutritional information on food labels can inform healthy eating showing critical understanding.</p>	<p>Learners will explain how nutritional information on food labels can inform healthy eating showing critical judgement.</p>
<p>Range:</p>	<p>Nutritional information: eg fat content, calories content, serving size.</p>		
<p>Colour-coded food labels can help us make healthy choices for a balanced diet. Here is a label from a margherita pizza.</p> <p>3a Explain how the colour coded nutritional information on the label can help people to choose healthy options for their balanced diet.</p> <ul style="list-style-type: none"> • Green • Amber (orange) • Red <p>Here is the list of ingredients from the label on a pea, courgette and ricotta quiche.</p> <p>3b. Explain how the information on this label can help people with food allergies to make safe choices.</p>			
<p>NYA</p> <p>Inadequate or incorrect explanation given eg amounts, Reference Intake (or GDA), healthy eating, energy content. Response only refers to other information found on labels eg preparation instructions, best before dates etc. Response only gives other advantages and disadvantages of the ready meal eg convenience or expensive rather than</p>	<p>Learners will provide a basic explanation that is partially accurate of how the colour coded nutritional information on the label can help people to choose healthy options for their balanced diet.</p> <p>Learners will provide a basic explanation that is partially accurate of how the information on this label can help people with food allergies to make safe choices.</p> <p>Examples:</p> <p>(3a) Green eg: Means go, ok, good, healthy, and acceptable. The label shows that this pizza is low in sugar because it is shown in green, meaning Go. Amber (orange) eg: Think, warning, caution, take care. The label shows that this pizza is medium for fat because it is shown in amber, meaning Take Care, Red eg: Stop,</p>	<p>The learner will evidence critical understanding in their explanation that is mostly accurate, of how the colour coded nutritional information on the label can help people to choose healthy options for their balanced diet by providing some analysis and/or evaluation and/or opinion, and or reasons.</p> <p>The learner will evidence critical understanding in their explanation that is mostly accurate, of how the information on this label can help people with food allergies to make safe choices by providing some analysis and/or evaluation and/or opinion, and or reasons.</p> <p>Examples:</p> <p>(3a) Green eg: The label shows that this pizza is low in sugar because it is shown in green,</p>	<p>The learner will evidence critical judgement in their explanation that is mostly accurate, of how the colour coded nutritional information on the label can help people to choose healthy options for their balanced diet by providing some analysis and/or evaluation and/or opinion, and or reasons.</p> <p>The learner will evidence critical judgment in their explanation that is mostly accurate, of how the information on this label can help people with food allergies to make safe choices by providing some analysis and/or evaluation and/or opinion, and or reasons to inform the accurate and safe choices.</p> <p>Examples:</p> <p>(3a) Green eg: The label shows that this pizza is low in sugar because it is shown in green, meaning Go – only 5.7g, which is 6% of the</p>

<p>nutritional advantages and disadvantages.</p>	<p>unhealthy, reconsider. The label shows that this pizza is high in saturated fat and salt because these are shown in red, meaning Stop.</p> <p>(3b) eg The label on the quiche shows allergy advice – it says that allergens are shown in bold on the list of ingredients eg milk, wheat, egg. Someone who has an allergy to one of these foods would know not to eat it.</p> <p>The ingredients are listed in order of weight which is helpful to the consumer.</p> <p>A warning is added on the label about allergens.</p> <p>Allergens can cause unpleasant side effects/symptoms.</p> <p>Accept any named allergens from the ingredients list.</p>	<p>meaning Go – only 5.7g which is 6% of the Reference Intake for a day. This is still quite a lot of sugar to find in a pizza. <u>Amber (orange) eg:</u> The label shows that this pizza is medium fat because it is shown in amber, meaning Take Care, as it has 15g of fat which is 21% of the Reference Intake for a day. You could eat this but would need to think about the fat content of your other meals that day. <u>Red</u> eg: The label shows that this pizza is high in saturated fat and salt because these are shown in red, meaning Stop, as it has 7g saturated fat, which is 35% of the Reference Intake, and 1.89g salt which is 32% of the Reference Intake. You could eat this but would need to think about the saturated fat and salt content of your other meals that day. If you had high cholesterol levels or high blood pressure you might want to avoid this product.</p> <p>(3b) eg The label on the quiche shows allergy advice – it says that allergens are shown in bold on the list of ingredients eg milk, wheat, egg and black mustard seeds. An allergen is a food that people are known to have allergies to; there are 14 common allergens which need to be shown on food labels by law. Someone who has an allergy to one of these foods would know not to eat it or they could suffer from an allergic reaction. It states it may contain nuts, which can be a life-threatening allergy.</p>	<p>Reference Intake for a day. This is still quite a lot of sugar to find in a pizza; some people call this “hidden sugar” and shows how useful food labels are as if you are watching your sugar intake you would probably avoid this pizza – it would be better to make your own as you can avoid sugar altogether. <u>Amber (orange) eg:</u> The label shows that this pizza is medium fat because it is shown in amber, meaning Take Care, as it has 15g fat or 21% of the Reference Intake for a day. You could eat this but would need to think about the fat content of your other meals that day in order to stay within the Reference Intake guidance. RI is always given for an adult woman so a man might be able to exceed this a bit depending on his health, size, activity levels etc. <u>Red</u> eg: The label shows that this pizza is high in saturated fat and salt because these are shown in red, meaning Stop, as it has 7g of saturated fat, which is 35% of the Reference Intake and 1.89 g of salt which is 32% of the Reference Intake. You could eat this occasionally but should not have it too often. You would also need to think about the saturated fat and salt content of your other meals that day. If you had high cholesterol levels or high blood pressure you might want to avoid this product and make your own pizza and not add salt. You could use low fat cheese which is where much of the saturated fat is coming from.</p> <p>(3b) The label on the quiche shows allergy advice – it says that allergens are shown in bold on the list of ingredients eg milk, wheat, egg and black mustard seeds. An allergen is a food that people are known to have allergies to; there are 14 common allergens which need to be shown on food labels by law. Someone who has an allergy to one of these foods would know not to eat it or</p>
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			<p>they could suffer from an allergic reaction. This label also identifies that the allergens include cereals containing gluten – the wheat flour in the pastry contains gluten. Gluten is a common allergen; people with gluten intolerance and also those with coeliac disease need to know which products it is in so that they can be avoided. It also states it may contain nuts, which can be a life-threatening allergy causing anaphylactic shock.</p>
Glossary of Terms	Describe: Define, explain.	Critical understanding: ability to deconstruct, analyse, evaluate and express an opinion.	Critical judgement: application of a critical understanding informing decisions.

Task 4a.

Assessment criteria	Pass	Merit	Distinction
1.4 Explain healthy eating advice.	Learners will explain healthy eating advice.	Learners will explain healthy eating advice in detail .	Learners will comprehensively explain healthy eating advice.
Range:	<i>Healthy eating advice: current UK government guidelines on eg fat, sugar, salt, fibre, and fruit and vegetables.</i>		

4a. Your aunt does not know about the UK government’s current healthy eating advice. Explain the UK government’s current healthy eating advice to your aunt.

<p>NYA</p> <p>No, or only one or inappropriate recommendations are given or the recommendations do not relate to the diary and the person.</p>	<p>Learners will provide a basic explanation that is partially accurate of the government’s current healthy eating advice.</p> <p>Examples:</p> <ul style="list-style-type: none"> • Reduce the amount of fat you eat, especially saturated fats, as excess could lead to coronary heart disease. It will also make you overweight if you are taking in excess energy but not using it up in activity or exercise. • Reduce the amount of sugar you eat as excess will make you overweight if you are taking in excess energy but not using it up in activity or exercise. • Increase the amount of dietary fibre you eat as this will prevent constipation and diseases linked with this. • Cut down on salt as diets high in salt can give you high blood pressure and increase your likelihood of stroke. • Eat more fruit and vegetables – you should eat at least five portions a day of different fruits and vegetables for dietary fibre and also a good supply of 	<p>Learners will provide a detailed explanation that is mostly accurate of the government’s current healthy eating advice.</p> <p>Examples:</p> <ul style="list-style-type: none"> • Reduce the amount of fat you eat, especially saturated fats which are mainly in animal fat, as excess could lead to coronary heart disease later in life due to raised cholesterol levels. It will also make you overweight if you are taking in excess energy but not using it up in activity or exercise. • Reduce the amount of sugar you eat as excess will make you overweight if you are taking in excess energy but not using it up in activity or exercise. Sugar can also lead to tooth decay. • Increase the amount of polysaccharide/dietary fibre you eat as this will prevent constipation and diseases linked with this. You should eat more wholegrains like wholemeal bread and brown rice. • Cut down on salt as diets high in salt can give you high blood pressure which may make your coronary heart disease worse 	<p>Learners will provide a comprehensive explanation that is fully accurate of the government’s current healthy eating advice.</p> <p>Examples:</p> <ul style="list-style-type: none"> • Reduce the amount of fat you eat, especially saturated fats which are mainly animal fats, as excess could lead to coronary heart disease later in life due to raised cholesterol levels. It will also make you overweight if you are taking in excess energy but not using it up in activity or exercise. Avoiding processed foods and cooking foods yourself will help you to reduce your fat intake; also choose lower fat options when buying dairy foods, oils and spreads and processed foods. • Reduce the amount of sugar you eat as excess will make you overweight if you are taking in excess energy but not using it up in activity or exercise. Sugar can also lead to tooth decay. Avoiding processed foods and cooking foods yourself will also help you to reduce your sugar intake. Also choose lower sugar options when buying dairy foods and processed foods. • You are also advised to base your meals around starchy foods, with about one third of
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	<p>different vitamins and minerals</p> <ul style="list-style-type: none"> • Have plenty of water in hot and cold drinks every day for hydration. • Limit your daily energy intake to 2,000 kilo calorie per day (for women). <p>** NB * two or more recommendations will be given.</p>	<p>and increase your likelihood of stroke. You can do this by not adding it to food and watching out for it in food products, often unexpected ones like breakfast cereals.</p> <ul style="list-style-type: none"> • Eat more fruit and vegetables – you should eat at least five portions a day of different fruits and vegetables for non-starch polysaccharide/dietary fibre and also a good supply of different vitamins especially vitamins A and C and minerals such as calcium and iron. You can include one portion of pulses in your 5 a day. • Have plenty of water in hot and cold drinks every day for hydration; 6-8 glasses are recommended but do not have more than 150ml of fruit juice or smoothies. • Limit your daily energy intake to 2,000 kilocalories per day (for women). 	<p>your total food being starchy carbohydrates like potatoes (not chips or roast), cereals, rice, pasta and bread, especially wholemeal. Starchy foods are filling and give fewer kilojoules of energy than fats so they are less likely to lead to obesity and do not contribute to heart disease.</p> <ul style="list-style-type: none"> • Increase the amount of non-starch polysaccharide/dietary fibre you eat as this will prevent constipation and diseases linked with this such as bowel cancer and diverticulitis and also encourage weight loss by giving the feeling of fullness. You should eat more wholegrains like wholemeal bread and brown rice. • Cut down on salt as diets high in salt can give you high blood pressure which may make your coronary heart disease worse and increase your likelihood of stroke. You can do this by not adding it to food and watching out for it in food products, often unexpected ones like breakfast cereals. Avoiding processed foods and cooking foods yourself will also help you to reduce your salt intake. • Eat more fruit and vegetables – you should eat at least five portions a day of different fruits and vegetables for non-starch polysaccharide/dietary fibre and also a good supply of different vitamins especially vitamins A and C and minerals such as calcium and iron. You can include one portion of pulses; tinned (avoid ones with added sugar and salt) and frozen fruits and vegetables also count. • Have plenty of water in hot and cold drinks every day for hydration; 6-8 glasses are recommended but do not have more than 150ml of fruit juice or smoothies as these are high in natural sugar.
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			<ul style="list-style-type: none"> • Limit your daily energy intake to 2,000 kilocalories per day (this is an average amount and will vary with body size and activity levels). • Look at food labels and be aware of the daily Reference Intake for fats, including saturated fat, sugar and salt. The adult Reference Intake shown on most food packages relates to the average intake for a woman so men can generally exceed this just a little.
Glossary of Terms	Describe: <i>Define, explain.</i>	Detailed: <i>Thorough and in depth.</i>	Comprehensive: All-encompassing.

Tasks 4b, c, d.

Assessment criteria	Pass	Merit	Distinction
<p>1.6 Assess a food diary and make recommendations.</p>	<p>Learners will assess a food diary and make recommendations.</p>	<p>Learners will assess a food diary and make recommendations showing critical understanding</p>	<p>Learners will assess a food diary and make recommendations showing critical judgement.</p>
<p>Range:</p>	<p>Recommendations: including current healthy eating advice, individual requirements for a balanced diet, RI/GDAs</p>		
<p>4b. Identify the healthy and less healthy foods in your aunt's diet 4c. Explain how your aunt's food choices may be affecting her health and well-being, now she has been identified as having coronary heart disease 4d. Using examples from the food diary, describe some changes that your aunt could make to her food choices to make her diet healthier.</p>			
<p>NYA</p> <p>The food diary is inadequately or incorrectly assessed. Comments are general about balanced diets rather than referring specifically to this food diary and the needs of the person who it is for. No or inappropriate recommendations are given or the recommendations do not relate to the diary and the person.</p>	<p>Learners will identify some healthy and less healthy foods to include a basic explanation that is partially accurate of how the food choices may be affecting health and wellbeing.</p> <p>Using examples from the food diary, learners will provide some basic descriptions that are partially accurate of some of the changes that could be made.</p> <p>Examples:</p> <p>(4b) Healthy eg</p> <ul style="list-style-type: none"> • My aunt eats some fibre because she has wholewheat cereal for breakfast, and some onions in her spaghetti bolognese for supper. • She has some protein in milk and cheese and the meat in the bolognese sauce. • She has quite a good intake of liquids in coffee, tea and water. • She has plenty of carbohydrates in bread, cereal and spaghetti. 	<p>Learners will identify healthy and less healthy foods to include an explanation that is mostly accurate of how the food choices may be affecting health and wellbeing.</p> <p>Using examples from the food diary, learners will provide some descriptions that are mostly accurate of some of the changes that could be made to include some analysis and/or evaluation and/or opinion, and or reasons why.</p> <p>Examples:</p> <p>(4b) Healthy eg</p> <ul style="list-style-type: none"> • My aunt eats some dietary fibre because she has wholewheat cereal and some onions in her supper. This will help her to digest her food/give bulk to her waste products/avoid constipation. • She has some protein in milk and cheese and the meat in the bolognese sauce for growth/ repair of her body cells and tissues eg muscles. • She has quite a good intake of liquids in coffee, tea and water for hydration of all 	<p>Learners will identify healthy and less healthy foods to include an explanation that is fully accurate of how the food choices may be affecting health and wellbeing.</p> <p>Using examples from the food diary, learners will provide some descriptions that are fully accurate of many of the changes that could be made by providing and using some analysis and/or evaluation and/or opinion, and or reasons to inform the accurate changes to food choices.</p> <p>Examples:</p> <p>(4b) Healthy eg</p> <ul style="list-style-type: none"> • My aunt eats some non-starch polysaccharides/dietary fibre because she has wholewheat cereal and some onions in her supper. This will help her to digest her food, give bulk to her waste products by retaining water and avoid constipation. • She has some protein in milk and cheese and the meat in the Bolognese sauce for growth and repair of her body cells and tissues eg muscles. • She has quite a good intake of liquids in

	<p>Less healthy eg</p> <ul style="list-style-type: none"> • My aunt's diet seems to be high in fat from the whole milk with her cereal and in her coffees, cheese in her sandwich, chocolate biscuit, slice of fruit cake and garlic bread. • It is quite high in salt from the tinned soup and cheese. • It is also high in sugar from the sugar on her cereal, in her teas and coffees and chocolate biscuit. • My aunt does not have 5 portions of fruit and vegetables every day though she does have some, in the tomato soup and spaghetti bolognese. <p>(4c) My aunt's diet could be affecting her health and well-being by eg:</p> <ul style="list-style-type: none"> • She may become overweight as she is eating lots of fatty foods. • Her coronary heart disease could become worse. • She could develop high blood pressure as well. <p>(4d) My aunt could make her diet healthier by eg</p> <ul style="list-style-type: none"> • Reducing the amount of fat that she is eating eg she could have skimmed or semi-skimmed milk with her cereal and in her tea and coffee, she could cut down on biscuits. She should not eat the garlic bread as this will be very fatty. She could use a lower fat cheese for her sandwich for lunch. 	<p>her body cells.</p> <ul style="list-style-type: none"> • She has plenty of carbohydrates in the form of starch from bread, cereal and spaghetti. • She has plenty of milk and cheese which will give her calcium for strong bones and teeth. <p>Less healthy eg</p> <ul style="list-style-type: none"> • My aunt's diet seems to be high in saturated fat from the whole milk with her cereal and in her tea and coffee, cheese in her sandwich, chocolate biscuit, slice of fruit cake, chocolate bar and garlic bread. This may contribute to her coronary heart disease becoming worse and also could make her overweight. • It is also quite high in salt from the tinned soup and cheese, which could cause high blood pressure. • It is also high in sugar from the sugar in her teas and coffees, and chocolate biscuit. This may also lead to her being overweight • My aunt does not have 5 portions of fruit and vegetables every day though she does have some. This may mean she is short of vitamins, eg vitamin A and C, and minerals, such as iron, which could give her eg poor blood, low energy levels and poor resistance to infection. <p>(4c) My aunt's diet could be affecting her health and well-being by eg</p> <ul style="list-style-type: none"> • She may become overweight or obese and this can affect her breathing, ability to exercise and put a strain on the organs of 	<p>coffee, tea and water for hydration of all her body cells and body processes such as digestion, respiration and temperature control.</p> <ul style="list-style-type: none"> • She has plenty of carbohydrates in the form of starch from bread, cereal and pasta for energy. These foods also give vitamin B group, which contribute to good health and assist in energy release. • She has plenty of milk and cheese which will give her calcium for strong bones and teeth. <p>Less healthy eg</p> <ul style="list-style-type: none"> • My aunt's diet seems to be high in saturated fat from the whole milk with her cereal and in her tea and coffee, cheese in her sandwich, chocolate biscuit, and slice of fruit cake, chocolate bar and garlic bread. • This may contribute to her coronary heart disease becoming worse later in life by increasing her cholesterol level which will result in blocking of the arteries and can cause heart attacks. • It could also make her overweight, especially if she spends a lot of time sitting and not being very active physically to burn off any extra kilocalories. The body does need a little fat for health but this should be unsaturated fat from plant sources eg olive oil. • It is also high in sugar from the sugar in her tea and coffee and chocolate biscuit, this may also lead to her being overweight. • My aunt does not have 5 portions of fruit and vegetables every day though she does have some in the tinned tomato soup and Bolognese sauce. This may mean she is short of vitamins, eg vitamin A and C, and minerals, such as iron, which could give her eg poor red
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	<ul style="list-style-type: none"> • She should reduce the amount of sugar in her diet; she could do this by cutting down on sugar in tea and coffee or using a sweetener. • By cutting out biscuits, cake and chocolate and eating more fruit instead. • She could increase the amount of dietary fibre by eating wholemeal bread instead of white bread and by eating more fruit and vegetables. 	<p>her body. This will not be good for her heart.</p> <ul style="list-style-type: none"> • She may get lots of illnesses such as colds and infections because she is short of vitamins. • She may develop high blood pressure resulting in a worsening of her coronary heart disease or strokes. <p>(4d) My aunt could make her diet healthier by eg:</p> <ul style="list-style-type: none"> • Reducing the amount of fat that she is eating eg she could have skimmed or semi-skimmed milk with her cereal and in her tea and coffee, she could cut down on biscuits, cake and chocolate. She should avoid the garlic bread for her supper as this will be very fatty and may also cause her to sleep badly as fat is hard to digest. If she is hungry at supper time she would be better to have some wholemeal toast with low fat spread. She could use a lower fat cheese such as Edam for her sandwich for lunch or maybe have some mixed salad. • She should reduce the amount of sugar in her diet; she could do this by cutting down on sugar in coffee or using a sweetener and by cutting out biscuits, cake and chocolate except as an occasional treat. She could eat more fruit instead which would also add vitamins and minerals and dietary fibre. • She could increase the amount of dietary fibre by eating wholemeal bread instead of white bread, wholemeal pasta and by eating more fruit and vegetables. • She could replace the wholemeal cereal with porridge and fruit. Oats are good for 	<p>blood cell levels, low energy levels and can result in anaemia and poor resistance to infection such as colds and flu.</p> <ul style="list-style-type: none"> • The diet is quite high in salt, especially from tinned foods such as soup which adds salt as a preservative. <p>(4c) My aunt's diet could be affecting her health and well-being by eg:</p> <ul style="list-style-type: none"> • She may become overweight or obese and this can affect her breathing, ability to exercise and put a strain on the organs of her body. It can also make her feel self-conscious and have low self-esteem due to her appearance. She may get lots of illnesses such as colds and infections because she is short of vitamins, especially vitamin C. Cuts and other injuries may also take longer to heal. • She may also develop high blood pressure resulting in a worsening of her coronary heart disease or strokes. <p>(4d) My aunt could make her diet healthier by eg:</p> <ul style="list-style-type: none"> • Reducing the amount of fat that she is eating eg she could have skimmed or semi-skimmed milk with her cereal and in her tea and coffee, she could cut down on biscuits, cake and chocolate bars. She should avoid the garlic bread for her supper as this will be very fatty and may also cause her to sleep badly as fat is hard to digest. If she is hungry at supper time she would be better to have some wholemeal toast with low fat spread. She could use a lower fat cheese such as Edam for her sandwich for lunch or maybe have some mixed salad. • She should reduce the amount of sugar in her
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		<p>lowering cholesterol levels.</p> <ul style="list-style-type: none"> • The tinned soup could be replaced with a homemade vegetable soup, providing vitamins and fibre. • The spaghetti bolognese could have added vegetables and wholemeal spaghetti for vitamins and fibre. 	<p>diet; she could do this by cutting down on sugar in tea and coffee or using a sweetener and by cutting out biscuits, cakes and chocolate except as an occasional treat. She could eat more fruit instead which would also add vitamins and minerals and dietary fibre.</p> <ul style="list-style-type: none"> • She could increase the amount of dietary fibre by eating wholemeal bread instead of white bread and by eating more fruit and vegetables. • She could replace the wholemeal cereal with porridge and fruit. Oats are good for lowering cholesterol levels, and will provide fibre. The fruit would provide vitamin C. • The tinned soup could be replaced with a homemade vegetable soup, providing vitamins and fibre. • The spaghetti bolognese could have added vegetables and wholemeal spaghetti for vitamin C and fibre. • She might find it helpful to eat some dark green vegetables such as spinach or broccoli every day to increase her iron intake. Eating more fruit containing vitamin C eg oranges and blackcurrants would help her to absorb the iron.
Glossary of Terms	No glossary	Critical understanding: ability to deconstruct, analyse, evaluate and express an opinion.	Critical judgement : application of a critical understanding informing decisions.

Task 5a.

Assessment criteria	Pass	Merit	Distinction
<p>2.1 Assess a recipe in terms of its contribution to healthy eating.</p>	<p>Learners will assess a recipe in terms of its contribution to healthy eating.</p>	<p>Learners will assess a recipe in terms of its contribution to healthy eating showing critical understanding.</p>	<p>Learners will assess a recipe in terms of its contribution to healthy eating showing critical judgement.</p>
<p>Range:</p>	<p>Recipe: eg cooking method, ingredients, portion size, serving suggestion, cost.</p>		
<p>5a. Explain the healthy and less healthy features of the home-made salmon fish fingers recipe. Healthy features, Less healthy features.</p>			
<p>NYA</p> <p>The recipe is inadequately or incorrectly assessed. Comments are general about healthy eating rather than referring specifically to the ingredients and method for this recipe.</p>	<p>Learners will assess the recipe to identify some healthy and less healthy features.</p> <p>Examples:</p> <p>Healthy Features eg:</p> <ul style="list-style-type: none"> • Salmon • Breadcrumbs • Salad • Lemon • Egg <p>Less healthy features eg:</p> <ul style="list-style-type: none"> • Mayonnaise • Salt • Oil 	<p>Learners will assess the recipe to identify some healthy and less healthy features.</p> <p>Learners will provide an explanation that is mostly accurate of some healthy and less healthy features by providing and using some analysis and/or evaluation and/or opinion, and or reasons why.</p> <p>Examples:</p> <p>Healthy features eg:</p> <ul style="list-style-type: none"> • It contains salmon for protein. Salmon is an oily fish, so it will give Omega 3 essential fatty acids. • If the salmon has small bones in, this can be a source of calcium. • Salmon is a low-fat source of protein. • It gives carbohydrate for energy in the form of starch in the breadcrumb coating. • It has salad which will give some vitamins. • The lemon will provide some vitamin C. <p>Less healthy features eg</p> <ul style="list-style-type: none"> • The mayonnaise is high in saturated fat, 	<p>Learners will assess the recipe to identify most of the healthy and less healthy features.</p> <p>Learners will provide an explanation that is fully accurate of many healthy and less healthy features by providing and using some analysis and/or evaluation and/or opinion, and or reason that informs their explanation.</p> <p>Examples:</p> <p>Healthy features eg:</p> <ul style="list-style-type: none"> • It contains salmon for protein for growth and repair of all body cells and may be used for energy. • Salmon is an oily fish, so it will give Omega 3 essential fatty acids. These are good for brain function. • If the salmon has small bones in this can be a source of calcium. • Salmon is a low-fat source of protein. • It gives carbohydrate for energy in the form of starch in the breadcrumb coating; this also gives vitamin B1, calcium and iron. • It has salad and lemon which may contain some vitamin C for healthy gums and skin.

		<ul style="list-style-type: none"> • It contains salt, which can contribute to high blood pressure. • It contains oil and is fried in oil, which increases the fat content. 	<p>Also water and dietary fibre.</p> <p>Less healthy features eg</p> <ul style="list-style-type: none"> • The mayonnaise is also high in saturated fats because it is made from egg yolk and oil. This can contribute to high cholesterol and heart disease. • It contains salt, which can contribute to high blood pressure if eaten in excess, although we do need a small amount (max 6g per day) of sodium chloride in our diets for the correct composition of our body fluids. • It contains oil and is fried in oil, which increases the fat content.
Glossary of Terms	No glossary	Critical understanding: ability to deconstruct, analyse, evaluate and express an opinion.	Critical judgement: application of a critical understanding informing decisions.

Task 5b.			
Assessment criteria	Pass	Merit	Distinction
2.2 Explain how the recipe could be changed to make the finished dish healthier.	Learners will explain how the recipe could be changed to make the finished dish healthier.	Learners will explain in detail how the recipe could be changed to make the finished dish healthier.	Learners will comprehensively explain how the recipe could be changed to make the finished dish healthier.
Range:	<i>No Range for AC 2.2</i>		
5b. Explain how you could change the recipe to make the finished home-made salmon fish fingers healthier to eat.			
<p>NYA</p> <p>No or inappropriate recommendations are given or the recommendations do not relate to this specific recipe or to making the dish healthier eg if answer concentrates on making it look or taste better.</p>	<p>Learners will provide a basic explanation that is partially accurate of some of the changes that could be made to the recipe to make it healthier.</p> <p>Examples:</p> <p>eg the recipe for home-made salmon fish fingers could be changed by:</p> <ul style="list-style-type: none"> • Swap wholemeal breadcrumbs instead of white. • Bake the fish fingers instead of frying. • Use low fat mayonnaise rather than full fat. • Make a homemade tomato ketchup made as a side dip rather than the one made from processed ingredients. • Serve a large salad, with tomatoes, cucumber, avocado and nuts on the side. • Using vegetable oil instead of generic oil for frying • Separate egg yolk and white, and use only the egg white for binding as it is low in fat. 	<p>Learners will provide a detailed explanation that is mostly accurate of some of the changes that could be made to the recipe to make it healthier.</p> <p>Examples:</p> <p>eg the recipe for home-made salmon fish fingers could be changed by:</p> <ul style="list-style-type: none"> • Using wholemeal breadcrumbs instead of white to add fibre – • Bake the fish fingers instead of frying which will reduce the fat content. • Use low fat mayonnaise rather than full fat, which will also reduce the amount of saturated fat in the dish. • Make a homemade tomato ketchup made as a side dip rather than the one made from processed ingredients. This will add extra vitamins and fibre to the dish. • Using a PUFA oil instead of generic oil for frying. • Serve a large salad, with tomatoes, cucumber, avocado and nuts on the side. This will add more essential vitamins, such 	<p>Learners will provide a comprehensive explanation that is fully accurate of many of the changes that could be made to the recipe to make it healthier.</p> <p>Examples:</p> <p>eg the recipe for home-made salmon fish fingers could be changed by:</p> <ul style="list-style-type: none"> • Using wholemeal breadcrumbs instead of white to add fibre or NSP. This will help prevent constipation in the body and add extra vitamins from the B group, which are responsible for nerve function and digestion. • Bake the fish fingers instead of frying which will reduce the fat content and make them a healthier option. • Use low fat mayonnaise rather than full fat, which will also reduce the amount of saturated fat in the dish. • Make a homemade tomato ketchup made as a side dip rather than the one made from processed ingredients. This will add extra vitamins and fibre to the dish, and can be made with extra hidden vegetables, such as

		<p>as vitamin C and E.</p> <ul style="list-style-type: none"> • Separate egg yolk and white, and use only the egg white for binding as it is low in saturated fat. 	<p>carrots blended in to give vitamin A, which is for good eye sight.</p> <ul style="list-style-type: none"> • Serve a large salad, with tomatoes, cucumber, avocado and nuts on the side. This will add more essential vitamins, such as vitamin C and E. • Using PUFA oil instead of generic oil as it is lower in cholesterol and LDP. • Separate egg yolk and white, and use only the egg white for binding as it is low in saturated fat and low in cholesterol and LDP.
Glossary of Terms	Describe: Define, <i>explain</i>	Detailed: Thorough and in depth	Comprehensive: All-encompassing

Task 5c.

Assessment criteria	Pass	Merit	Distinction
<p>2.3 Describe other factors that could affect the finished dish.</p>	<p>Learners will describe other factors that could affect the finished dish</p>	<p>Learners will describe in detail other factors that could affect the finished dish.</p>	<p>Learners will describe comprehensively other factors that could affect the finished dish.</p>
<p>Range:</p>	<p>Other factors: eg taste, texture, moisture, appeal, appearance.</p>		
<p>5c. Describe how the changes you have suggested to the recipe could affect the features of the finished salmon fish fingers in other ways, such as taste, texture, moisture, appearance and appeal.</p>			
<p>NYA</p> <p>No or incorrect factors are identified as potentially affecting the dish. Inadequate or incorrect description of these factors and their effects are given. The factors do not relate to the specific recipe or dish.</p>	<p>Learners will provide a basic explanation that is mostly accurate of what is meant by a balanced diet.</p> <p>Learners will make reference to some of the following:</p> <ul style="list-style-type: none"> • taste • texture • moisture • appearance • appeal <p>Examples:</p> <ul style="list-style-type: none"> • Using wholemeal breadcrumbs will make them look a different colour and they will look browner. • Baking instead of frying will mean they are less oily, and may be crisper or crunchier when bitten. The fish fingers may be less moist. • Using lower fat mayonnaise will make the sauce less greasy, and maybe thinner. • A homemade ketchup will add colour, 	<p>Learners will provide an explanation that will be detailed and mostly accurate of what is meant by a balanced diet.</p> <p>Learners will accurately make reference to most of the following:</p> <ul style="list-style-type: none"> • taste • texture • moisture • appearance • appeal <p>Examples:</p> <ul style="list-style-type: none"> • Using wholemeal breadcrumbs will make them look a different colour and they will look browner. The wholemeal breadcrumbs may absorb more of the egg white, and become crunchier as the egg white hardens when cooked. • Baking instead of frying will mean they are less oily, and may be crisper or crunchier when bitten. The egg white coagulates in the heat and sets. They will be less moist, as there will be less oil. 	<p>Learners will provide an explanation that will be comprehensive and fully accurate of what is meant by a balanced diet.</p> <p>Learners will accurately make reference to all of the following:</p> <ul style="list-style-type: none"> • taste • texture • moisture • appearance • appeal <p>Examples:</p> <ul style="list-style-type: none"> • Using wholemeal breadcrumbs will make them look a different colour and they will look a browner colour due to the colour of the breadcrumbs. The wholemeal breadcrumbs may absorb more of the egg white, and become crunchier as the egg white hardens when cooked. • Baking instead of frying will mean they are less oily, and may be crisper or crunchier when bitten. The egg white coagulates in the heat and sets. They will be less moist, as

	<p>but will be less salty.</p> <ul style="list-style-type: none"> • Adding extra ingredients in a side salad will give more colour to the dish. • Using tinned or frozen fish would reduce the cost, but might alter the flavour as if tinned it will be in brine, oil or spring water. • Using line caught fish could make the dish more sustainable. • Egg yolk adds colour and enrichment to the binding layer. • Using free range or barn eggs could enhance consumer perception of the dish as the birds are living in natural, happy conditions. 	<ul style="list-style-type: none"> • Using lower fat mayonnaise will make the sauce less greasy, and maybe thinner. This will make the mouth feel slightly different. • A homemade ketchup will add colour, but will be less salty, as ready-made sauces have high levels of salt. • Adding extra ingredients in a side salad will give more colour to the dish, making it look more attractive to the person eating it. • Using frozen or tinned fish will increase the shelf life of the product. • Microwaving the fish first could eliminate undesirable smells as the fish is enclosed in the appliance. • Refusing to use caged hen eggs could raise consumer engagement with the product and make it more acceptable. 	<p>there will be less oil, and the breadcrumbs will bake to a hard outer coating.</p> <ul style="list-style-type: none"> • Using lower fat mayonnaise will make the sauce less greasy, and maybe thinner. This will make the mouth feel slightly different. • A homemade ketchup will add colour, and texture to the dip, especially if you are using extra blended vegetables but will be less salty, as ready-made sauces have high levels of salt. • Adding extra ingredients in a side salad will give more colour to the dish, making it look more attractive to the person eating it. • Trawler fishing is unsustainable as it can deplete fish reserves and increase discard in harbour causing injury, harm, infection and disease. • Wider issues of moral, environmental and cultural influences on food production would also be acceptable. • Replacing fish with vegetables to make the product suitable for vegetarians. • Considering source/origin of eggs to enhance consumer perception affecting moral and ethical issues linked to unhealthy living of animals.
Glossary of Terms	Describe: Define, explain.	Detailed: Thorough and in depth.	Comprehensive: All-encompassing.