

Qualification Name: NCFE Level 2 Certificate in Food and Cookery- November 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 where appropriate.			
NYA • Inadequate explanation or misunderstanding e.g. “eating the right things”, “eating healthily”, “a balanced diet contains the nutrients we need”	Learners can explain what is meant by a balanced diet. Learner’s explanation states that nutrients eaten in the in the correct proportion to each other, to meet their individual needs and keep them healthy. (Does not have to name all of the nutrients, but any of the following named nutrients Proteins, Carbohydrates, Fats, Vitamins and Minerals will contribute towards a Pass). May discuss the Eatwell Guide and Food groups.	Learners can explain in detail (thorough and in depth) what is meant by a balanced diet. Learner’s explanation states one which provides a person with some of the nutrients shown in the Pass criteria plus either water and non-starch polysaccharide/dietary fibre in the correct proportion to meet their individual energy and health needs. It should include a variety of different foods and be in line with Reference Intake (or GDA) guidelines. If mention water but not dietary fibre or vice versa then still a Merit. May make reference to the food groups in the Eatwell Guide (or Eatwell Plate).	Learners can comprehensively explain (all encompassing) what is meant by a balanced diet. Learner’s explanation states one which provides a person with all of the nutrients as listed in the Pass criteria, i.e. chemicals found in food plus water and non-starch polysaccharide/dietary fibre in the correct proportion to meet their individual energy and health needs. It should contain a variety of different foods, be in line with Reference Intake (or GDA) guidelines and should normally meet but not exceed energy requirements by giving appropriate portion sizes. 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:	Describe: Define, explain	Detailed: Thorough and in depth	Comprehensive: 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 micro nutrients to ensure good health. Complete the information in the tables below. For each nutrient listed provide:</p> <p>Protein</p> <p>Carbohydrates</p> <p>Calcium</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.			
<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 can describe the nutrients that make up a balanced diet.</p> <p>Learners will complete the table to show:</p> <p>Protein</p> <p>Good sources e.g.</p> <p>Meat, fish, eggs, milk, cheese, Beans, lentils, soya.</p> <p>Functions:</p> <p>Growth and repair.</p> <p>Energy.</p> <p>Maintenance of the body.</p> <p>Effects of not eating enough</p> <p>Poor growth.</p> <p>Weak muscles.</p> <p>Tiredness.</p> <p>Carbohydrate</p> <p>Good sources e.g. fruit, sugar, potatoes, breakfast cereals.</p> <p>Functions e.g. for energy.</p>	<p>Learners can describe in detail (thorough and in depth) nutrients that make up a balanced diet.</p> <p>Learners will complete the table to show:</p> <p>Protein</p> <p>Good sources e.g.</p> <p>Meat, fish, eggs, cheese, milk, soya</p> <p>Beans, pulses, lentils. May mention HBV and LBV protein sources.</p> <p>Functions</p> <p>Growth and repair of the body.</p> <p>Makes new cells.</p> <p>Heals cuts.</p> <p>Secondary energy source.</p> <p>Effects of not eating enough:</p> <p>Poor growth in children.</p> <p>Weak muscles in adults.</p> <p>Fluid builds up under the skin.</p> <p>Poor healing of cuts.</p> <p>Tiredness.</p>	<p>Learners can comprehensively describe (all encompassing) the nutrients that make up a balanced diet.</p> <p>Learners will complete the table to show:</p> <p>Protein</p> <p>Good sources</p> <p>HBV protein contains all essential amino acids found in meat, fish, eggs, cheese, milk and soya. LBV proteins do not contain all the essential amino acids found in nuts, seeds, pulse vegetables, lentils.</p> <p>Functions</p> <p>Growth of new cells and muscles.</p> <p>Repair of cuts.</p> <p>Responsible for enzyme production in the body.</p> <p>Is a secondary energy source.</p> <p>Effects of not eating enough</p> <p>Poor growth in children.</p> <p>Catch infections easily.</p> <p>Thin hair.</p> <p>Diarrhoea and poor digestion.</p>

	<p>Effects of not eating enough e.g. lack of energy and weight loss.</p> <p>Calcium Good sources Milk, cheese, yoghurts, green vegetables. Functions Makes bones and teeth strong. Effects of not eating enough Weak bones, rickets in children osteoporosis in adults.</p> <p>NB If learner has given two out of three in good detail but not responded to one this can be accepted.</p>	<p>Carbohydrate Good sources e.g. Sugars e.g. fruit such as oranges and sugar such as sugar beet and sugar cane. Starches such as potatoes, breakfast cereals. Functions e.g. for energy to be used for the workings of the body and for activity. Effects of not eating enough e.g. hunger, lack of energy, weight loss. In severe cases e.g. in famine – starvation.</p> <p>Calcium Good sources All dairy products such as milk, cheese, yoghurts. Oily fish and green leafy vegetables. Maybe added to soya products. Functions Works with Vitamin D to make bones strong. Helps with blood clotting. Effects of not eating enough Poor bone structure resulting in rickets in children and osteoporosis in adults. Blood will not clot properly.</p>	<p>Weak muscles in Adults. Slow healing of cuts. Fluid builds up under the skin. Weight loss. A severe deficiency may cause kwashiorkor which is severe muscle loss.</p> <p>Carbohydrate Good sources e.g. – carbohydrate is a macro-nutrient. There are several types including: Sugars – monosaccharides such as fructose in fruit such as oranges and disaccharides such as sucrose in sugar such as sugar beet and sugar cane. Polysaccharides such as starch in potatoes and breakfast cereals. Functions e.g. for energy to be used for the workings of the body e.g. breathing and for activity e.g. walking. Effects of not eating enough e.g. a deficiency will lead 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>Calcium Good sources Dairy products including milk, cheese, yoghurts, creme fraiche. Oily fish, green leafy vegetables. Added by law to white bread. Soya milk and fruit juices may have added calcium. Functions Works with phosphorus and Vitamin D for strong bone density and strong teeth.</p>
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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>		
2a. Identify the nutrients which are likely to be missing from Joanne's diet and explain your reasons. 2b. Identify the nutrients which are likely to be in excess in Joanne's diet and explain your reasons. 2c. Explain the impact this diet is likely to have on Joanne's health and well-being over time. 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.			
NYA Inadequate or incorrect explanation given for one or more groups e.g. 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.	Learners can explain nutrient requirements for different groups of people. e.g. Vitamins and minerals are likely to be missing from Joanne's diet due to a lack of fruit and vegetables. e.g. Joanne may have too much fat and maybe too much sugar in her diet because she eats a lot of takeaway foods that tend to be high in fat. e.g. If Joanne is short of vitamins and minerals she may have poor skin, bones and teeth as well as general poor health and catch infections easily. If she has too much fat and sugar it will make her put on weight and will be bad for her heart. e.g. Ahmed cannot eat any dairy foods so will have to avoid milk or any foods made	Learners can explain in detail (thorough and in depth) nutrient requirements for different groups of people. e.g. Vitamins, especially Vitamin C, and minerals, especially calcium and iron are likely to be the nutrients missing from Joanne's diet due to a lack of fruit and vegetables. She will also probably be short of non-starch polysaccharide/dietary fibre because fruit and vegetables are a good source of this. e.g. Joanne may have too much fat and maybe too much carbohydrate, especially sugar in her diet because she eats a lot of take away foods which tend to be high in these nutrients She is also likely to be eating too much salt, because this is often added as a flavour enhancer to take away foods.	Learners can comprehensively explain (all encompassing) nutrient requirements for different groups of people. e.g. Vitamins, especially Vitamin C, and minerals, especially calcium and iron are likely to be the nutrients missing from Joanne's due to a lack of fruit and vegetables. This will also probably make her 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. e.g. Joanne may have too much fat and maybe too much carbohydrate, especially sugar in her diet because she eats a lot of takeaway foods which tend to be high in these macro- nutrients as take away food is often fried. This will make her put on weight and will be bad for her heart as it can lead to coronary heart disease,

	<p>from milk, such as butter, cheeses and yoghurt</p>	<p>e.g. If Joanne is short of vitamins, especially Vitamin C she may have poor skin, bones, gums and teeth as well as general poor health and lack of resistance to infection. She may also be depressed and irritable. If she is short of calcium this will affect her bones and teeth and if she is short of iron it may affect her blood causing tiredness. If she is short of fibre/NSP this may lead to constipation. Too much fat and sugar can lead to weight gain and could be bad for her heart. Too much sugar can also lead to type 2 diabetes. Too much salt can be bad for her blood pressure and lead to strokes.</p> <p>e.g. Ahmed will need to avoid all dairy foods that is any milk or milk products including butter, cheese, yoghurt. He will also need to check food labels to check that any foods he buys do not contain milk or milk products. If he eats any dairy products he will suffer from bloating, stomach pains and diarrhoea.</p> <p>He will need to look for dairy alternatives, such as soya, almond, oat or coconut milk, or lacto free products.</p>	<p>especially in an inactive person. She 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 her blood pressure and contribute to the possibility of a stroke, especially in an inactive person.</p> <p>e.g. If Joanne is short of vitamins, especially vitamin C she may have poor skin, bones, gums and teeth as well as general poor health and lack of resistance to infection e.g. she may catch colds and flu easily, If she injures herself the wound may take a long time to heal. She may also become depressed and irritable due to the impact of a lack of vitamin C on the nervous system.</p> <p>If she is short of minerals such as calcium this will also affect her bones and teeth and could cause her muscular problems and if she is short of iron it may affect her blood, which could cause her to lack energy. If she 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 she has too much fat and sugar it will make her put on weight and can lead to coronary heart disease and heart attack, especially at her age. Too much sugar can also lead to Type 2 diabetes. Too much salt can be bad for her blood pressure and lead to strokes, especially at her age as she has an inactive lifestyle.</p> <p>e.g. Ahmed lacks the enzyme needed to digest lactose. This means he will need to avoid milk and all milk products. This includes butter, cheese, yoghurt, fromage frais and any processed foods that contain milk products Milk</p>
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			<p>is a known allergen, so food labels should list any milk on the label in bold writing.</p> <p>If Ahmed eats dairy products he may experience bloating, wind, discomfort and diarrhoea.</p> <p>Ahmed will need to use lacto free versions of dairy products, or use soya, oat, rice or coconut milk and products. He will need to make sure these products contain added calcium as dairy products are one of the main sources of calcium in the diet.</p>
Glossary of Terms	Describe: Define, explain	Detailed: Thorough and in depth	Comprehensive: All-encompassing

Tasks 3a, 3b.			
Assessment criteria	Pass	Merit	Distinction
1.5 Explain how nutritional information on food labels can inform healthy eating	Learners will explain how nutritional information on food labels can inform healthy eating.	Learners will explain how nutritional information on food labels can inform healthy eating showing critical understanding .	Learners will explain how nutritional information on food labels can inform healthy eating showing critical judgement .
Range:	Nutritional information: e.g. fat content, calories content, serving size.		
<p>Colour-coded food labels can help us make healthy choices for a balanced diet. Here is a label from a chicken and bacon pie.</p> <p>3a Explain the meaning of each colour and how the nutritional information on the label can help people make healthy choices.</p> <ul style="list-style-type: none">• Green• Amber (orange)• Red <p>Here is the list of ingredients from the label on a Beef Lasagne.</p> <p>3b. Explain how the information on this label can help someone who has a food allergy.</p>			
<p>NYA</p> <p>Inadequate or incorrect explanation given e.g. amounts, Reference Intake (or GDA), healthy eating, energy content. Response only refers to other information found on labels e.g. preparation instructions, best before dates etc. Response only gives other advantages and disadvantages of the ready meal e.g. convenience or expensive rather than</p>	<p>Learners can explain how nutritional information on food labels can inform healthy eating.</p> <p>e.g.</p> <p>Green</p> <p>The label shows that this Chicken and bacon pie is low in sugar because it is shown in green meaning Go – only 2.3g. per serving.</p> <p>Amber (orange)</p> <p>The label shows that this Chicken and bacon pie is medium for saturates because it is shown in amber meaning Take care as it has 3.3 g of saturates.</p> <p>Red</p> <p>The label shows that this Chicken and bacon pie is high in fat and salt because</p>	<p>Learners can explain how nutritional information on food labels can inform healthy eating showing critical understanding (ability to deconstruct, analyse, evaluate and express an opinion).</p> <p>e.g.</p> <p>Green</p> <p>The label shows that this Chicken and bacon pie is low in sugar because it is shown in green meaning Go – only 2.3g which is 3% of the Reference Intake for a day. This is still some of the RI for sugar for your day and should not be in a savoury dish.</p> <p>Amber (orange)</p> <p>The label shows that this Chicken and bacon pie is medium saturated fat because it is shown in amber meaning Take care as it has 3.3 g of saturated fat which is 17% of the of the</p>	<p>Learners can explain how nutritional information on food labels can inform healthy eating showing critical judgement (application of a critical understanding informing decisions).</p> <p>e.g.</p> <p>Green</p> <p>The label shows that this Chicken and bacon pie is low in sugar because it is shown in green meaning Go – only 2.3g which is 3% of the Reference Intake for a day. This is still some of the RI for sugar for your day and should not be in a savoury dish but is added for flavour and as a preservative.</p> <p>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 salad – it would be better to make your own as you can avoid sugar altogether.</p>

<p>nutritional advantages and disadvantages.</p>	<p>this is shown in red meaning Stop as it has 34.5g of fat.</p> <p>e.g. The label on the Beef lasagne shows allergy advice – it says that allergens are shown in bold on the list of ingredients e.g. milk, wheat, egg. Someone who has an allergy to one of these foods would know not to eat it.</p>	<p>Reference Intake for a day. You could eat this but would need to think about the saturated fat content of your other meals that day.</p> <p>Red</p> <p>The label shows that this Chicken and bacon pie is high in fat and salt because this is shown in red meaning Stop as it has 34.5g fat, which is 49 % 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 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>e.g. The label on the Beef lasagne shows allergy advice – it says that allergens are shown in bold on the list of ingredients e.g. milk, wheat, egg. 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 can suffer from an allergic reaction. It states it may contain nuts, which can be a life threatening allergy.</p>	<p>Amber (orange)</p> <p>The label shows that this Chicken and bacon pie is medium saturated fat because it is shown in amber meaning Take care as it has 3.3 g fat or 17% of the Reference Intake for a day. You could eat this but would need to think about the saturated 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.</p> <p>Red</p> <p>The label shows that this Chicken and bacon pie is high in fat and salt because this is shown in red meaning Stop as it has 34.5g of fat, which is 49% 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 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 Chicken and bacon pie and not add salt.</p> <p>e.g. The label on the Beef lasagne shows allergy advice – it says that allergens are shown in bold on the list of ingredients e.g. milk, wheat, egg.. 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 can suffer from an allergic reaction. This label also identifies that the allergens include cereals containing gluten – this is because it contains wheat flour in the pasta and is therefore high in gluten.</p>
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			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.
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:	Healthy eating advice: current UK government guidelines on eg fat, sugar, salt, fibre, and fruit and vegetables.		
4a. Explain the current UK government healthy eating advice and state how it can help your grandfather eat more healthily.			
NYA No, or inappropriate recommendations are given or the recommendations do not relate to the diary and the person.	Learners will explain healthy eating advice. e.g. current healthy eating advice that your grandfather could use to improve his diet: 1. 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. 2. 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. 3. increase the amount dietary fibre you eat as this will prevent constipation and diseases linked with this. 4. cut down on salt as diets high in salt can give you high blood pressure and increase your likelihood of stroke. 5. 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 different vitamins and minerals.	Learners will explain healthy eating advice in detail (thorough and in depth) . e.g. current healthy eating advice that your grandfather could use to improve his diet: 1. 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. 2. 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. 3. 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. 4. 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	Learners will comprehensively explain (all encompassing) healthy eating advice. e.g. current healthy eating advice that your grandfather could use to improve his diet: 1. reduce the amount of fat you eat, especially saturated fats mainly 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. 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. 2. reduce the amount of sugar you eat as excess will make you overweight if you are taking in excess e 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. 3. you are also advised to base your meals around starchy foods, with about one third of your total food being starchy carbohydrates like potatoes (not chips or roast), cereals, rice, pasta and bread, especially wholemeal. Starchy foods

	<p>6. Have plenty of water in hot and cold drinks every day for hydration.</p> <p>7. Limit your daily energy intake to 2500 kcal per day for men.</p>	<p>for it in food products, often unexpected ones like breakfast cereals.</p> <p>5. 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.</p> <p>6. 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.</p>	<p>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> <p>4. 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.</p> <p>5. 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.</p> <p>6. 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.</p> <p>7. 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.</p> <p>8. 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</p>
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			average intake for a woman so men can generally exceed this just a little).
Glossary of Terms	<i>Describe:</i> Define, <i>explain.</i>	<i>Detailed:</i> Thorough and in depth.	Comprehensive: All-encompassing.

Tasks 4b, c, d.			
Assessment criteria	Pass	Merit	Distinction
1.6 Assess a food diary and make recommendations.	Learners will assess a food diary and make recommendations.	Learners will assess a food diary and make recommendations showing critical understanding	Learners will assess a food diary and make recommendations showing critical judgement .
Range:	Recommendations: including current healthy eating advice, individual requirements for a balanced diet, RI/GDAs		
4b. Identify the healthy and less healthy foods in your grandfather's meal diary. 4c. Explain how your grandfather's food choices may be affecting his health and well-being, now he has been identified as having high blood pressure. 4d. Using examples from the meal diary, describe some changes that your grandfather could make to his food choices to make his diet healthier.			
NYA 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.	Learners can assess a food diary and make recommendations. Healthy e.g. My grandfather eats some fibre because he has porridge for breakfast, and broccoli with her fish pie for supper. This will help him to avoid constipation. He has some protein in milk and fish and cheese and for growth and repair of his body cells. He has quite a good intake of liquids in coffee, tea and water for all his body cells. He has plenty of carbohydrates in bread and porridge for energy. Less healthy e.g. My grandfather's diet seems to be high in fat from the milk, cheese and chocolate from the whole milk with his porridge and in his coffees, cheese in his sandwich,	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. 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. Examples: (4b) Healthy e.g. 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 e.g. muscles.	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. 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. Examples: (4b) Healthy e.g. 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.

	<p>chocolate biscuit, slice of fruit cake, This could give him coronary heart disease.</p> <p>It is quite high in salt from the tinned soup and cheese, which is not good for his high blood pressure.</p> <p>He is eating a lot of sugar which may also lead to him being overweight.</p> <p>My grandfather does not have 5 portions of fruit and vegetables every day though he does have some, in the tomato soup and the broccoli. He may lack vitamins in his diet.</p> <p>My grandfather is eating readymade foods that are high in salt. This may make his high blood pressure worse.</p> <p>My grandfather could make his diet healthier by e.g.</p> <p>He could cut down on the amount of fat by using semi skimmed milk and lower fat cheese.</p> <p>He could eat brown bread instead of white.</p> <p>He could eat fruit as a snack instead of biscuits and cake. He could use sweeteners instead of sugar.</p> <p>He could make his supper from fresh ingredients and use less salt or a sodium replacement or herbs instead of salt.</p>	<p>She has quite a good intake of liquids in coffee, tea and water for hydration of all her body cells.</p> <p>She has plenty of carbohydrates in the form of starch from bread, cereal and spaghetti.</p> <p>She has plenty of milk and cheese which will give her calcium for strong bones and teeth.</p> <p>Less healthy e.g.</p> <p>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.</p> <p>It is also quite high in salt from the tinned soup and cheese, which could cause high blood pressure.</p> <p>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</p> <p>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, e.g. vitamin A and C, and minerals, such as iron, which could give her e.g. poor blood, low energy levels and poor resistance to infection.</p> <p>(4c) My aunt's diet could be affecting her health and well-being by e.g.</p>	<p>She has quite a good intake of liquids in coffee, tea and water for hydration of all her body cells and body processes such as digestion, respiration and temperature control.</p> <p>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.</p> <p>She has plenty of milk and cheese which will give her calcium for strong bones and teeth.</p> <p>Less healthy e.g.</p> <p>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.</p> <p>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.</p> <p>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 e.g. olive oil.</p> <p>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.</p>
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	<p>He can make homemade soup.</p> <p>He could eat vegetables with his fish pie, such as peas or beans.</p>	<p>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. This will not be good for her heart.</p> <p>She may get lots of illnesses such as colds and infections because she is short of vitamins.</p> <p>She may develop high blood pressure resulting in a worsening of her coronary heart disease or strokes.</p> <p>(4d) My aunt could make her diet healthier by e.g.:</p> <p>Reducing the amount of fat that she is eating e.g. 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.</p> <p>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.</p> <p>She could increase the amount of dietary fibre by eating wholemeal bread instead of white</p>	<p>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, e.g. vitamin A and C, and minerals, such as iron, which could give her e.g. poor red blood cell levels, low energy levels and can result in anaemia and poor resistance to infection such as colds and flu.</p> <p>The diet is quite high in salt, especially from tinned foods such as soup which adds salt as a preservative.</p> <p>(4c) My aunt's diet could be affecting her health and well-being by e.g.:</p> <p>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.</p> <p>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.</p> <p>She may also develop high blood pressure resulting in a worsening of her coronary heart disease or strokes.</p> <p>(4d) My aunt could make her diet healthier by e.g.:</p> <p>Reducing the amount of fat that she is eating e.g. she could have skimmed or semi-skimmed milk with her cereal and in her tea and coffee, she</p>
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		<p>bread, wholemeal pasta and by eating more fruit and vegetables.</p> <p>She could replace the wholemeal cereal with porridge and fruit. Oats are good for lowering cholesterol levels.</p> <p>The tinned soup could be replaced with a homemade vegetable soup, providing vitamins and fibre.</p> <p>The spaghetti bolognese could have added vegetables and wholemeal spaghetti for vitamins and fibre.</p>	<p>could cut down on biscuits, cake and chocolate bars.</p> <p>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.</p> <p>She could use a lower fat cheese such as Edam for her sandwich for lunch or maybe have some mixed salad.</p> <p>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 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> <p>She could increase the amount of dietary fibre by eating wholemeal bread instead of white bread and by eating more fruit and vegetables.</p> <p>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.</p> <p>The tinned soup could be replaced with a homemade vegetable soup, providing vitamins and fibre.</p> <p>The spaghetti bolognese could have added vegetables and wholemeal spaghetti for vitamin C and fibre.</p> <p>She might find it helpful to eat some dark green vegetables such as spinach or broccoli every day</p>
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			to increase her iron intake. Eating more fruit containing vitamin C e.g. 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
2.1 Assess a recipe in terms of its contribution to healthy eating.	Learners will assess a recipe in terms of its contribution to healthy eating.	Learners will assess a recipe in terms of its contribution to healthy eating showing critical understanding .	Learners will assess a recipe in terms of its contribution to healthy eating showing critical judgement .
Range:	<i>Recipe: e.g. cooking method, ingredients, portion size, serving suggestion, cost.</i>		
5a. Explain the healthy and less healthy features of the creamy mushroom risotto recipe. Healthy features, Less healthy features.			
NYA 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.	Learners will assess a recipe in terms of its contribution to healthy eating. Healthy features e.g. It has onions, mushrooms and peas as vegetables to provide vitamins. The milk gives protein and calcium. The cheese gives some protein. The rice gives carbohydrates. Less healthy features e.g. The oil is full of fat. The double cream is high in fat The milk will be high fat if whole milk is used. The vegetable stock can be high in salt if a stock cube is used. The parmesan cheese is high in fat. The butter is high in fat.	Learners will assess a recipe in terms of its contribution to healthy eating showing critical understanding (ability to deconstruct, analyse, evaluate and express an opinion) . Healthy features e.g. It has peas which provide Vitamin C and fibre and will help prevent constipation. It has mushrooms which provide B vitamins and fibre. The onion provides fibre. The milk gives protein for growth and repair and calcium which is used for strong bones and teeth. The cheese gives some protein for growth and repair of the body. The rice is a source of starchy carbohydrates. Less healthy features e.g. The olive oil has unsaturated fat but is still unhealthy and can contribute to weight gain. The double cream is very high in saturated fats which can cause high cholesterol levels.The milk will be high in fat if whole milk is used	Learners will assess the recipe to identify most of the healthy and less healthy features. 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. Examples: Healthy features e.g.: 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. Also water and dietary fibre. Less healthy features e.g.

		<p>which can raise cholesterol levels and lead to coronary heart disease.</p> <p>The parmesan cheese has high amounts of fat and salt.</p> <p>Stock cubes are high in salt, which can cause high blood pressure.</p> <p>The added butter gives more saturated fat.</p>	<p>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.</p> <p>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.</p> <p>It contains oil and is fried in oil, which increases the fat content.</p>
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:	No Range for AC 2.2		
5b. Explain how you could change the recipe to make the finished creamy mushroom and pea risotto healthier to eat.			
NYA No or inappropriate recommendations are given or the recommendations do not relate to this specific recipe or to making the dish healthier e.g. if answer concentrates on making it look or taste better.	Learners will explain how the recipe could be changed to make the finished dish healthier. e.g. The Creamy Mushroom and pea risotto could be changed by: Using less olive oil. Changing the double cream to single cream. Using brown rice instead of white rice to add fibre. Taking out the salt and using herbs Using low fat spread instead of butter.	Learners will explain in detail (thorough and in depth) how the recipe could be changed to make the finished dish healthier. e.g. The Creamy Mushroom and pea risotto could be changed by: Using a fry lite spray or PUFA oil instead of olive oil to reduce fat content. Change the double cream to single cream to reduce the saturated fat content. Use brown or wild rice which is not processed so contains the husk which adds fibre and helps prevent constipation. Use herbs instead of adding salt to reduce the chance of too much salt which raises blood pressure. Make the vegetable stock from fresh vegetables to reduce the salt content. Add extra vegetables, such as red peppers for vitamin A and C and extra fibre.	Learners will comprehensively explain (all encompassing) how the recipe could be changed to make the finished dish healthier. e.g. The Creamy Mushroom and pea risotto could be changed by: Using a fry lite spray or PUFA oil instead of olive oil to reduce fat content. This will help reduce saturated fat levels. Change the double cream to single cream to reduce the saturated fat content as this could lead to heart disease. Use brown or wild rice which is not processed so contains the husk which adds fibre and helps prevent constipation by making the food more bulky which aids digestion. Use herbs instead of adding salt to reduce the chance of too much salt which raises blood pressure. This also adds a small amount of extra fibre. Make the vegetable stock from fresh vegetables to reduce the salt content, and also adds extra vitamins as the vitamins will be dissolved into the stock.

			Add extra vegetables, such as red peppers or broccoli which will add extra vitamin A and C and extra fibre.
Glossary of Terms	<i>Describe:</i> Define, <i>explain</i>	<i>Detailed:</i> Thorough and in depth	Comprehensive: All-encompassing

Task 5c.			
Assessment criteria	Pass	Merit	Distinction
2.3 Describe other factors that could affect the finished dish.	Learners will describe other factors that could affect the finished dish	Learners will describe in detail other factors that could affect the finished dish.	Learners will describe comprehensively other factors that could affect the finished dish.
Range:	Other factors: eg taste, texture, moisture, appeal, appearance.		
5c. Describe how the changes you have suggested to the recipe could affect the features of the finished creamy mushroom and pea risotto in other ways, such as taste, texture, moisture, appearance and appeal.			
NYA 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.	Learners can describe other factors that could affect the finished dish. e.g. Using less olive oil makes it less greasy. The single cream is not as thick as double cream so the risotto could be less fatty. The brown rice will make it taste nuttier and look a darker colour. The herbs will add a bit of green colour to the risotto. Taking the butter out will make it less fatty and look a lighter colour.	Learners can describe in detail (thorough and in depth) other factors that could affect the finished dish. e.g. Using fry lite or different oil will make it less oily or greasy. The single cream has less fat content, so the sauce could be thinner and less fatty, making it taste less creamy in your mouth. The brown rice is chewier and has a nutty flavour making the texture harder in your mouth. The added herbs make it look a different colour and if fresh herbs are used can add a small amount of Vitamin C to the dish as well as some extra texture. Removing the salt makes it less salty. Making your own vegetable stock can reduce the saltiness but add more vegetable flavours. Adding extra vegetables will give more colour and a chewier texture. Removing the butter makes it less fatty and greasy. It may look and taste drier. The creamy texture may be affected. It may look a	Learners can describe comprehensively (all encompassing) other factors that could affect the finished dish. e.g. Using fry lite or different oil will make it less oily or greasy and it will taste drier. The single cream has less fat content, so the sauce could be thinner and less fatty, making it taste less creamy in your mouth, and maybe slightly drier. The brown rice is chewier and has a nutty flavour making the texture different, maybe slightly crunchier in your mouth. The added herbs will add a green colour to the risotto, especially if you use fresh herbs. They will also add some extra fibre and vitamin C as well as adding a slightly chewy texture to the dish. Removing the salt makes it less salty and blander. Making your own vegetable stock can reduce the saltiness but add more vegetable flavours such as a hint of broccoli flavour. It could also change the colour slightly. Removing the butter makes it less fatty and greasy, so it may look and taste slightly drier.

		<p>paler colour, as butter can add a slightly yellow colour to the dish.</p>	<p>Butter also adds a creamy mouthfeel to the dish. It will alter the colour slightly, making it paler. As butter adds a yellow colour to a dish.</p> <p>Adding extra vegetables will give a variety of colours and make the dish more attractive. It will also add a change in texture, making it crunchier and chewier.</p>
Glossary of Terms	<i>Describe:</i> Define, <i>explain.</i>	<i>Detailed:</i> Thorough and in depth.	Comprehensive: All-encompassing.