

Qualification Name: NCFE Level 2 Certificate in Food and Cookery - March 2019

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. A diet containing all the nutrients in the correct proportion for the person OR reference to Eatwell Guide (or Plate) with brief reference to eg food groups, amounts, proportions, variety. 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 (<i>thorough and in depth</i>) what is meant by a balanced diet. A diet containing all the nutrients (will name one or more correctly) in the correct proportion for the person. Will also refer to water, dietary fibre and/or RI/GDA. OR reference to Eatwell Guide (or Plate) with examples of specific food groups, proportions, examples, reasons for eating. 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 (<i>all encompassing</i>) 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, <i>explain</i>	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.		
1b. Our bodies need macro and micro nutrients to ensure good health. Complete the information in the tables below. For each nutrient listed (Fat, Vitamin A, Iron) provide: <ul style="list-style-type: none">o food sources where the nutrient is foundo a description of the functions of the nutrient in the bodyo a description of the effects of not eating enough of that nutrient.			
NYA 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.	Learners can describe the nutrients that make up a balanced diet. Learners will complete the table to show: Fat Food sources Butter, margarine oils, cheese, chocolate Functions Energy source Protects organs Warmth, insulation Effects of not eating enough Lack energy Can be cold Weight loss Vitamin A Food sources Milk, Cheese, oily fish, carrots, orange fruit and vegetables Functions Important for night vision to see in dim light	Learners can describe in detail (<i>thorough and in depth</i>) nutrients that make up a balanced diet. Learners will complete the table to show: Fat Food sources Saturated fats from animal sources such as butter and Lard, fatty meats Unsaturated fats from avocados, olives, nuts and seeds Functions Provides energy Stored under the skin to keep us warm Protects our vital organs such as liver and kidneys May give some fat soluble vitamins such as Vitamin A and D Gives essential fatty acids Effects of not eating enough We may lack energy May lose weight We may lack essential vitamins	Learners can comprehensively describe (<i>all encompassing</i>) the nutrients that make up a balanced diet. Learners will complete the table to show: Fat Food sources Saturated fats from animal sources such as butter and Lard, suet, fatty meats, fried foods Unsaturated fats from oils such as olive oil, avocados, olives, nuts and seeds such as walnuts and sunflower seeds Functions Provide energy Forms the structure of cells Insulates the body by being stored under the skin Protects vital organs such as our liver and kidneys It is a good source of fat soluble vitamins such as Vitamins A, D and K. Gives food texture and flavour. Provides essential fatty acids such as Omega 3 and Omega 6 which protect the heart and lower blood cholesterol.

	<p>Effects of not eating enough Poor vision at night</p> <p>Iron</p> <p>Food sources Red meat, egg yolk, dark green vegetables</p> <p>Functions Makes red blood cells</p> <p>Effects of not eating enough Anaemia, pale complexion</p>	<p>We may feel the cold more</p> <p>Vitamin A</p> <p>Food sources Animal sources: Milk, Cheese, oily fish, liver and liver products. Vegetable sources: carrots, orange fruit and vegetables such as apricots, orange peppers and tomatoes. It is also found in leafy green vegetables</p> <p>Functions Important for night vision to see in dim light. Keeps the throat moist It is an antioxidant</p> <p>Effects of not eating enough Poor vision at night which can lead to blindness eventually. The body has difficulty fighting infections Children have poor growth</p> <p>Iron</p> <p>Food sources Animal sources: Red meat, egg yolk, Plant sources: dark green vegetables Dried apricots, lentils.</p> <p>Functions Makes the haemoglobin in red blood cells which carry oxygen around the body. It works with Vitamin C for absorption.</p> <p>Effects of not eating enough Anaemia, which means you will be very tired and lethargic. You will have a pale complexion and pale inner eyelids.</p>	<p>Effects of not eating enough We may lack energy and feel tired and lethargic We may lose weight and become more prone to illness. We may lack the essential vitamins A, causing problems with night vision and the ability to fight infections, Vitamin D which works with calcium to give strong bones, and Vitamin K which helps with blood clotting. We may feel the cold more. If we lack the essential fatty acids we may suffer from higher cholesterol levels and inflammation of body tissues.</p> <p>Vitamin A</p> <p>Food sources Animal sources provide it in the form of retinol which is found in Milk, Cheese, oily fish, liver and liver products. Vegetable sources provide it as beta carotene which is found in carrots, orange fruit and vegetables such as apricots, orange peppers and tomatoes. It is also found in leafy green vegetables</p> <p>Functions It supplies the retina at the back of the eye so it is important for night vision to see in dim light. It keeps the throat and digestive system moist It is an antioxidant so stops harmful pollutants entering cells.</p> <p>Effects of not eating enough Poor vision at night (night blindness) which can lead to blindness eventually. The body has difficulty fighting infections Children have poor growth and will be unable to fight infections</p>
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			<p>Iron</p> <p>Food sources</p> <p>Animal sources of Haem iron, which is more easily absorbed by the body: Red meat, liver and kidneys.egg yolk, Plant sources which is non haem iron and is harder for the body to absorb: dark green vegetables, dried apricots, lentils. cocoa. Some bread and cereals are fortified with iron.</p> <p>Functions</p> <p>Makes the haemoglobin in red blood cells. Oxygen attaches itself to the haemoglobin and is carried around the body. Carbon dioxide is removed from the body in the same way. It works with Vitamin C for absorption.</p> <p>Effects of not eating enough</p> <p>Anaemia, which means you will be very tired and lethargic. Women need plenty of iron as they have periods which means that they lose blood every month. You will have a pale complexion and pale inner eyelids. You may have weak and split fingernails.</p> <p>.</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:	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).		
2a. Identify the nutrients which are likely to be missing from Sally's diet and explain your reasons. 2b. Identify the nutrients which are likely to be in excess in Sally's diet and explain your reasons. 2c. Explain the impact this diet is likely to have on Sally's health and well-being over time. 2d. Aarav is 19 years old. He has decided to become a vegan. Identify ways how Aarav can obtain all the necessary nutrients in his vegan diet to keep him healthy.			
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 Sally's diet due to a lack of fruit and vegetables. e.g. Sally may have too much fat in her diet because she eats a lot of processed meats that tend to be high in fat. Sally also has sugary cereals so too much sugar. e.g. If Sally 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 eventually be bad for her heart. e.g Aarav will need to find different protein sources as he will not eat animal protein so will need to eat lentils, nuts and seeds.	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 Sally'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. Sally could be missing protein as she only eat processed meats and no fish. e.g. Sally may have too much fat in her diet because she eats a lot of processed meats 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 processed foods. She is eating too much sugar in sugary cereals.	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 Sally's diet 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. Sally may have too much fat because she eats a lot of processed meats which tend to be high in fat and salt. This will make her put on weight and will be bad for her heart as it can lead to coronary heart disease in the future., 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 in the

	<p>He will need to find calcium and iron from vegetables as he does not drink milk.</p>	<p>e.g. If Sally 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 in the future. 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. Aarav will not be getting the essential amino acids from animal sources so he will need to combine LBV protein sources to get these.</p> <p>This means eating combinations such as beans on toast and hummus with pitta bread.</p> <p>He will need alternatives to dairy foods, so needs to check that the milk alternatives have added calcium.</p> <p>He may lack iron so needs to eat foods high in Vitamin C with his plant based iron sources, such as leafy green vegetables to help absorption.</p>	<p>future and contribute to the possibility of a stroke, especially in an inactive person.</p> <p>e.g. If Sally 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. Aarav will not be getting the nine essential amino acids from animal sources HBV (High Biological Protein) which are needed for growth and repair so he will need to look for complementation of LBV (Lower Biological Protein) protein sources to get these.</p> <p>This means eating combinations such as beans on toast and hummus with pitta bread or making nut roasts with seeds,</p> <p>He will need alternatives to dairy foods, so needs to check that the milk alternatives have</p>
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			<p>added calcium, such as soya milk and yoghurts.</p> <p>He may lack iron so needs to eat foods high in Vitamin C with his plant based iron sources, such as leafy green vegetables to help absorption.</p> <p>Vitamin B12 deficiency can lead to anaemia and neurological disorders. A mild deficiency may not cause any discernible symptoms, but as the deficiency becomes more significant, symptoms of anaemia may result, such as weakness, fatigue, light-headedness, rapid heartbeat, rapid breathing and pale colour to the skin.</p>
Glossary of Terms	Describe: Define, explain	Detailed: Thorough and in depth	Comprehensive: All-encompassing

Tasks 3a,b.			
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 cheese and tomato pasta bake.</p> <p>3a Explain how the colour-coded nutritional information on the label can help people to choose healthy options for their balanced diet. Use specific examples from the label.</p> <ul style="list-style-type: none">• Green• Amber (orange)• Red <p>Here is the list of ingredients from the label on a salmon fillet with a cream cheese sauce.</p> <p>3b. Explain how the information on this label can help people who have food allergies to make safe choices.</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 nutritional advantages and disadvantages.</p>	<p>Learners can explain how nutritional information on food labels can inform healthy eating.</p> <p>Green</p> <p>The label shows that this cheese and tomato pasta bake is low in sugar because it is shown in green meaning Go only 0.8g per serving</p> <p>Amber (orange)</p> <p>The label shows that this cheese and tomato pasta bake is medium for fat because it is shown in amber meaning Take care as it has 13g of fat</p> <p>Red</p> <p>The label shows that this cheese and tomato pasta bake is high in saturated fat and salt because this is shown in red</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>Green</p> <p>The label shows that this cheese and tomato pasta bake is low in sugar because it is shown in green meaning Go – only 0.8g which is less than 1% of the Reference Intake for a day.</p> <p>Amber (orange)</p> <p>The label shows that this cheese and tomato pasta bake is medium in fat because it is shown in amber meaning Take care as it has 13g of fat which is 19% of the 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.</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>Green</p> <p>The label shows that this cheese and tomato pasta bake is low in sugar because it is shown in green meaning Go – only 0.1 which is less than 1% 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 dish – it would be better to make your own as you can avoid sugar altogether.</p>

	<p>meaning Stop as it has 5.9g of saturated fat.</p> <p>e.g. The label on the breaded salmon fillet with a cream cheese sauce shows allergy advice – it says that allergens are shown in bold on the list of ingredients e.g. milk and wheat, Someone who has an allergy to one of these foods would know not to eat it.</p>	<p>Red</p> <p>The label shows that this cheese and tomato pasta bake is high in saturated fat and salt because this is shown in red meaning Stop as it has 5.9g of saturated fat, which is 30 % of the Reference Intake, and 1.5g salt which is 25% 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 breaded salmon fillet with a cream cheese sauce shows allergy advice – it says that allergens are shown in bold on the list of ingredients e.g. milk and wheat. 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 cheese and tomato pasta bake is medium in fat because it is shown in amber meaning Take care as it has 13g fat or 19% 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.</p> <p>Red</p> <p>The label shows that this cheese and tomato pasta bake is high in fat and salt because this is shown in red meaning Stop as it has 5.9g of saturated fat, which is 30% of the Reference Intake and 1.5g of salt which is 25% 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 cheese and tomato pasta bake and not add salt.</p> <p>e.g. The label on the breaded salmon fillet with a cream cheese sauce shows allergy advice – it says that allergens are shown in bold on the list of ingredients e.g. milk and wheat,.. 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 is contains wheat flour in the pasta and is therefore high in gluten. Gluten is a common allergen; people with gluten intolerance and also those with</p>
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			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 e.g. fat, sugar, salt, fibre, and fruit and vegetables.		
4a. Explain the current UK government healthy eating advice and outline how it could help improve Ben's diet.			
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 Ben 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. 6. Have plenty of water in hot and cold drinks every day for hydration. 7. Limit your daily energy intake to 2500 kcal per day for men.	Learners will explain healthy eating advice in detail (thorough and in depth) . e.g. current healthy eating advice that Ben 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 for it in food products, often unexpected ones like breakfast cereals. 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	Learners will comprehensively explain (all encompassing) healthy eating advice. e.g. current healthy eating advice that Ben 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 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. 4. increase the amount of non-starch polysaccharide/dietary fibre you eat as this will

		<p>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>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 average intake for a woman so men can generally exceed this just a little).</p>
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 Ben's meal diary. 4c. Explain how Ben's food choices may be affecting his future health 4d. Using examples from the food diary, describe some changes that Ben 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. Ben has some vitamins in orange juice He has some protein in milk, cheese on the pizza and chicken for growth and repair of his body cells. He has quite a good intake of liquids in orange juice and water He has plenty of carbohydrates in bread and rice for energy. Less healthy e.g. Ben's diet seems to be high in fat from the doughnut, pizza and chips, cheese on the pizza, fried poppadoms and crisps. This will contribute to making him prone to coronary heart disease later in life. It is quite high in salt from the cheese., which could causes high blood pressure	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 Ben has some vitamins C in the orange juice which helps his skin and gums be healthy. He has some protein in milk, cheese on the pizza and Chicken for growth and repair of his body cells and tissues e.g. muscles. He has quite a good intake of liquids in orange juice and water for hydration of all his body cells. He has plenty of carbohydrates in the form of starch from bread and rice he has plenty of milk which will give him calcium for strong bones and teeth.	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 Ben has some vitamins C in the orange juice which helps his skin and gums be healthy, along with providing an anti oxidant for his body. He has some protein in milk, cheese on the pizza and chicken for growth and repair of his body cells and tissues e.g. muscles He has quite a good intake of liquids in orange juice and water for hydration of all his body cells and body processes such as digestion, respiration and temperature control. He has plenty of carbohydrates in the form of starch from bread, and rice for energy. These

	<p>It is also high in sugar from the sugary cereal, the cola and the doughnut. . This may also lead to him being overweight.</p> <p>Ben does not have 5 portions of fruit and vegetables every day though he does have some, in the orange juice and maybe there are some vegetables in the curry. This may mean he is short of vitamins and minerals, which can give him e.g. poor skin, bones and teeth and poor general health</p>	<p>Less healthy e.g.</p> <p>Ben's diet seems to be high in fat from the doughnut, pizza and chips, cheese on the pizza, fried poppadoms and crisps. This will contribute to making him prone to coronary heart disease later in life and is probably making him gain weight now.</p> <p>It is quite high in salt from the cheese, which could cause his high blood pressure later in his life.</p> <p>It is also high in sugar from the sugary cereal, the cola and the doughnut which will cause tooth decay and this may also lead to him being overweight.</p> <p>Ben does not have 5 portions of fruit and vegetables every day though he does have some, in the orange juice and maybe there are some vegetables in the curry. This may mean he is short of vitamins and minerals, such as Vitamin A and C which can give him e.g. poor skin, bones and teeth and low energy levels as well as resistance to infection and have poor general health.</p> <p>Ben is eating lots of fatty and sugary foods. He may be gaining weight.</p> <p>He will be at risk of type 2 diabetes in the future if he continues to eat lots of sugary foods.</p> <p>Ben may also be getting tooth decay.</p> <p>His lack of fruit and vegetables means he is missing vitamins and minerals which may affect his skin, gums, digestions and nerves.</p> <p>He lacks calcium so may get weak bones or osteoporosis in later in life.</p>	<p>foods also give Vitamin B group, which contribute to good health and assist in energy release.</p> <p>He has plenty of milk which will give him calcium for strong bones and teeth.</p> <p>Less healthy e.g.</p> <p>Ben's diet seems to be high in fat from the doughnut, pizza and chips, cheese on the pizza, fried poppadoms and crisps. This will contribute to making him prone to raised cholesterol levels which can lead to coronary heart disease later in life, and is probably making him gain weight now.</p> <p>It is quite high in salt from the cheese on the pizza, which can cause high blood pressure later in life leading to stroke and heart disease.</p> <p>It is also high in sugar from the sugary cereal, the cola and the doughnut which will cause tooth decay and this may also lead to him being overweight.</p> <p>Ben does not have 5 portions of fruit and vegetables every day though he does have some, in the orange juice and maybe there are some vegetables in the curry. This may mean he is short of vitamins and minerals, such as Vitamin A and C which can give him e.g. poor skin, bones and teeth and low energy levels as well as resistance to infection and have poor general health.</p> <p>Because Ben's diet is high in fat and sugar he will be gaining weight, which may develop into obesity later in life, causing further joint problems.</p> <p>Ben may suffer from depression and isolation if he becomes obese.</p> <p>His lack of vitamins means he may suffer from poor night vision, poor skin health, increase in infections and poor healing of cuts.</p>
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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:	Recipe: e.g. cooking method, ingredients, portion size, serving suggestion, cost.		
5a. Explain the healthy and less healthy features of the mixed berry crumble and custard.			
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. The fruit is a good source of vitamins and fibre. The milk has calcium and protein. The egg yolks have protein Less healthy features e.g. There is a lot of sugar in the recipe. The cream contains fat. If the milk is whole milk it will also contain 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. The fruit has vitamin C and fibre which is needed for a healthy digestion and to prevent constipation. The milk will provide calcium for strong bones and teeth. It will also provide protein for growth and repair in the body. The egg yolks also provide protein and some iron. Less healthy features e.g. There is 230g of sugar in the recipe which is a large amount that can cause tooth decay and weight gain and may eventually lead to Type 2 diabetes. The single cream contains fat, which can cause weight gain and high cholesterol levels. The milk may also have high levels of fat.	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. Healthy features e.g. There is a variety of fruits which provide Vitamin C for healthy skin and gums, and to help absorb iron. The milk is a source of fat, and protein which will help the body grow and repair any cuts. The calcium in the milk helps with healthy bone and teeth growth, preventing rickets and osteoporosis. The egg yolks provide extra protein, and also some iron for red blood cell production. Eating the iron rich egg with the fruit enables the Vitamin C in the fruit to help the body absorb the iron better. Less healthy features e.g. There is 230g of sugar in the recipe which is a large amount that can cause tooth decay and weight gain and may eventually lead to Type 2 diabetes. This is not good for the body as it may

			<p>get converted to fat and stored. This can lead to high cholesterol levels and heart disease.</p> <p>The butter also is pure fat.</p> <p>The single cream contains fat which can cause weight gain and high cholesterol levels.</p> <p>The milk may also have high levels of fat.</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.
5b. Explain how you could change the recipe to make the finished mixed berry crumble with custard 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 Mixed Berry Crumble and Custard could be changed by: Using less sugar, or replacing the sugar with sweetener. Changing the single cream to creme fraiche. Using brown flour instead of white flour to add fibre. Using low fat spread instead of butter. Using semi skimmed milk instead of whole milk.	Learners will explain in detail (thorough and in depth) how the recipe could be changed to make the finished dish healthier. e.g. The Mixed Berry Crumble and Custard could be changed by: Using less sugar e.g. half as much or replacing the sugar with sweetener replacement such as Canderel. Changing the single cream to creme fraiche to reduce the fat content. Using brown flour instead of white flour to add fibre. Using low fat spread instead of butter to reduce the fat content. Using semi skimmed milk instead of whole milk.	Learners will comprehensively explain (all encompassing) how the recipe could be changed to make the finished dish healthier. e.g. The Mixed Berry Crumble and Custard could be changed by: Using less sugar e.g. half as much or replacing the sugar with sweetener replacement such as Canderel. This would change the recipe so you would need to find an alternative recipe from a website for that product. Changing the single cream to creme fraiche to reduce the fat content. This would help make it less fatty and healthier. Using brown flour instead of white flour to add fibre which will help with digestion. Using low fat spread instead of butter to reduce the fat content. Using semi skimmed milk instead of whole milk will also reduce the fat content.
Glossary of Terms	Describe: Define, <i>explain</i>	Detailed: 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: e.g. taste, texture, moisture, appeal, appearance.		
5c. Describe how the changes you have suggested to the recipe could affect the sensory features of the finished mixed berry crumble with custard, such as taste, texture, moisture, appeal and appearance.			
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 sugar will make it taste less sweet. It may also not be as brown when cooked as the sugar turns brown in the heat. The crumble will be less fatty. The crumble will be browner with wholemeal flour. Changing the butter will make it less greasy. The custard will not be as creamy with semi skimmed milk.	Learners can describe in detail (thorough and in depth) other factors that could affect the finished dish. e.g. Using less sugar will make it taste less sweet and a sugar substitute gives amore artificial flavour, while reducing the quantity of crumble. It may also not be as brown when cooked as the sugar caramelises in the heat, turning a golden brown. The crumble will be less fatty. The crumble will be browner and taste nuttier with wholemeal flour. It may be crunchier. Changing the butter will make it less greasy. The custard will not be as creamy with semi skimmed milk.	Learners can describe comprehensively (all encompassing) other factors that could affect the finished dish. e.g. Using less sugar will make it taste less sweet and a sugar substitute gives a more artificial flavour, while reducing the quantity of crumble as the sugar substitute weighs much less than sugar, so quantities are less. It may also not be as brown when cooked as the sugar caramelises in the heat, turning a golden brown. The sugar substitute does not do this. The crumble will be less fatty due to there being a lower fat spread which contains more water. The crumble will be browner and taste nuttier with wholemeal flour. It may be crunchier, and drier due to less fat. Changing the butter will make it less greasy. The custard will not be as creamy with semi skimmed milk.
Glossary of Terms	Describe: Define, explain .	Detailed: Thorough and in depth.	Comprehensive: All-encompassing.