

CCEA GCSE Food and Nutrition
(for first teaching from September 2017)

EXEMPLAR TASK

COMMENTARY

PART A: Research and Viewpoints (803 words – within tolerance)

- Highly competent research
- Candidate has used a wide range of **different** sources to select and accurately apply information relevant to CVD – factsheet, websites (x4), textbook, TV programme, newspaper; sources are up to date
- Two other individuals have been asked a question and their responses have been clearly analysed; however the question asked could have been phrased more effectively to illicit a viewpoint ('I think..' 'I believe...') rather than an answer to a question

Mark awarded: 14 out of 16 marks

PART B: Justification of Choice (1570 words – within tolerance)

- Highly competent justification of choice using the required headings
- Relevance to title – candidate has clearly indicated how recipes were adapted to make them suitable to the title of CVD
- Nutritional analysis – candidate has discussed the nutrient content of the dishes with specific reference to analysis and relative to CVD
- Technical skill – candidate has made reference to a wide variety of higher level skills
- Aesthetics – candidate has clearly described the aesthetics of the dishes including colour, textures and overall appearance
- Time and ingredients available – candidate has demonstrated a clear understanding of the need to plan ahead and an awareness of timing

Mark awarded: 20 out of 20 marks

PART C: Planning

- Highly competent planning
- Ingredient lists – detailed and accurate; metric measurements; garnishes/decoration included (where relevant)
- Equipment lists – detailed and accurate; serving dishes clearly shown
- Shopping list – detailed and accurate using correct headings
- Costing – costing shows totals for each dish and by portion (breakdown in Appendix)

Marks awarded: 8 out of 8 marks

- Timeplan – candidate has presented a detailed and logical plan of action; colour coding demonstrates the ability to sequence and dovetail tasks; 15 minute intervals over the 3 hour session; tasks include preparation, cooking, serving and **washing up**

Marks awarded: 12 out of 12 marks

PART D: Practical Activity

- Organisation and Management – candidate was highly organized throughout the practical adhering to timeplan, maintaining a tidy preparation area and finishing on time

Mark awarded: 7 out of 8 marks

- Skills – candidate demonstrated a wide range of higher level skills – soup making, technical skills, knife skills, bread making, handling and poaching fish, sauce making, separating eggs, whisking egg whites, use of gelatin as a setting agent, sponge cake making

Mark awarded: 14 out of 16 marks

- Final outcomes – candidate presented finished dishes to a high standard of finish and presentation

Mark awarded: 16 out of 16 marks

PART E: Evaluation (1290 words – within tolerance)

- A highly competent evaluation of all parts of the task – research and viewpoints, justification of choice, planning (including the costing), work during practical and final outcomes; identifies a range of strengths, weaknesses and pertinent suggested improvements

Marks awarded: 20 out of 20 marks

PRESENTATION

- A detailed and accurate bibliography including recipe sources (2 marks)
- Appendix includes nutritional analysis summary and costings
- Report has been organized successfully (1 mark)
- Word counts for each Part and total word count shown (1 mark)

Marks awarded: 4 out of 4 marks

Total word count: 3663 words (within +10% tolerance)

Total marks awarded: 115 out of 120 marks