

SAMPLE 2

ANALYSIS [6]

Changes to meet new criteria

- Area of interest to be identified rather than task title at the beginning
- Information source list

DEVELOPMENT [8]

Changes to meet new criteria

- Further developing / testing of ideas before making decisions
- List all dishes to be made and practical activity to be completed
- Justify the choice of each piece of practical work, demonstrating application of knowledge gained and how it meets the task needs

PLANNING [8]

Changes to meet new criteria

- List any ICT resources needed

EXECUTION [24]

Changes to meet new criteria

- Assemble and record evidence of all practical activities

EVALUATION [14]

Changes to meet new criteria

- Review all aspects of the task not just the practical execution



Sample 2

MARK SHEET - INDIVIDUAL TASK

HOME ECONOMICS (FOOD AND NUTRITION) 1973

RECOGNISING ACHIEVEMENT

Centre Number _____ Candidate Number _____ Candidate Name _____ Date _____

Task Title *Convenience foods are often unhealthy. Can I produce a range of healthy dishes that busy mums can make for their children's main meal?*

Assessment Area	Maximum Mark	Achieved Mark	Teacher Comment
Task Analysis	6	3	<i>Analysed task, identified factors to consider. Recognised important issues. Suggested sources of info. Carried out some research.</i>
Development & Planning	8	3	<i>Applied some of the information gathered from research. Selected appropriate solution to task. More reasons for choice needed. Gave plan for task. Showed planning for some practical. Equipment, ingredients not given, method of work. (ways of recording results, sample sheets, etc.).</i>
Execution (i) organisation	8	5	<i>Worked in organised manner, showing initiative and forward planning. Used time effectively. Sought appropriate help when needed. Materials and tools selected for task.</i>
(ii) skills	8	5	<i>Equipment, tools used correctly.</i>
(iii) outcome	8	5	<i>Knowledge of methods used. Ignored but process is a good standard. Produced appropriate quality outcome.</i>
Evaluation	14	5	<i>General comments + some strengths and weaknesses identified. Explained what has been learnt from task. (You must discuss all parts of your work).</i>
Total	60	31	

f:food:pcseche:marksheet-indiv tasks 12/12/00

Sample 2.

Individual task Record of all practical work undertaken throughout the task

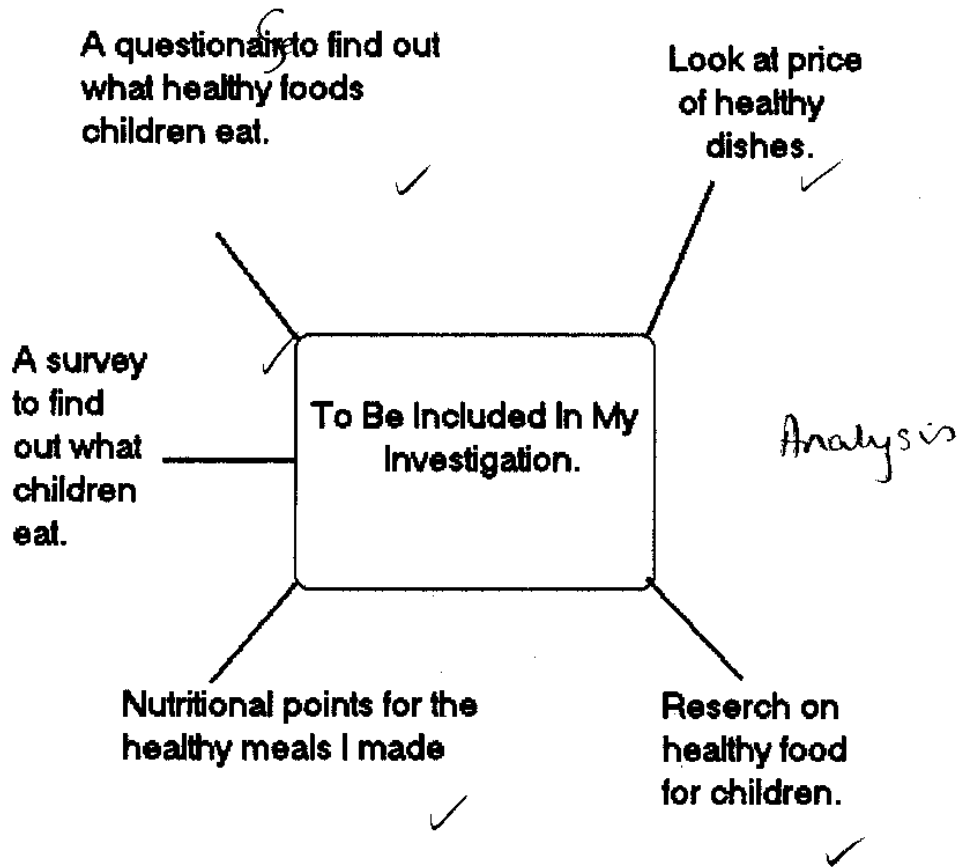
Date	Work/activity	Organisation	Skills	Results/outcome	Findings/conclusions	Teacher comment
	Execution					
①	Tuna + pasta bake	Used time plan.		Colourful.	I'm well organized. Very suitable for children.	
	Pizza	Good timing.	Well made base. Good decoration.	Base dry.	Good combination of flavors. Use more milk in base.	
	Fairy cakes	Safe + hygienic			Include raising next time.	
②	Spaghetti Bolognaise - Fresh Compared with Spaghetti Bolognaise Frozen.	Good timing.	Correct equipment.	Good texture + flavor lacking in colour.	Fresh was much better. Overall.	
③	TASTE TESTING.			Runny + very tomatoey taste.		
④	Nutritional analysis for each dish. Tuna pasta bake. Pizza. Cakes.	Used programme.			Healthy.	
	Spaghetti Bol.				hook up VTC.	
					Well balanced.	

Unit 1: Food and Nutrition
G.C.S.E.
**Food And
Nutrition
Individual
Task**

Task

Convenience foods are often unhealthy. Can I produce a range of healthy dishes that busy mums can make for their children's main meal?

Brainstorm



Reasons for Task

I am going to produce a range of healthy foods that mums who haven't got a lot of time to spend on cooking for their children also not many children eat healthy foods because their parents are too busy to cook a proper meal so they cook something like beans on toast this hasn't got all the nutritional needs that children need. ✓

I am going to produce 3 meals or snacks that busy mums can make I am also going to do surveys and questionnaires to find out what foods children like and what working mums cook for their children. ✓

sources of info.

task

what to do

Diary

October 11th- Do analysis include reasons why you want to do
October 20th children, Questionnaire and brainstorm,
research.

October 20th - Development planning list possible ideas for
November 8th dish reasons for choice, nutritional content
write method, recipes.

November 8th - Execution show that you are organised use time
November 24th well choose correct tools and ingredients for
task adapt plans if you have a problem. Do
2/3 practicles.

November 24th- Evaluation descution.

✓
plan for task

December 1st- Work must be complete.

Healthy Children

Research

Eating healthily is important for children. They need large amounts of calories and nutrients to meet their energy needs, for repairs and for fuel growth. If children have good eating habits early on this will mean they are more likely to eat healthy later on in life.

They also need more concentrated forms of calories and nutrients to make a well balanced diet.

Fat

Children shouldn't have a very low-fat diet the balance of fats should be the same as for adults children under the age of two years old should have full fat milk but after they can have semi skimmed because calories and nutrients are supplied by other sources of healthy food.

A good variety of foods should ensure children get all vitamins and minerals they need. Meat and dark green vegetables are rich sources of iron it is found bread, eggs, nuts and lentils calcium and vitamin D are also important for children milk, cheese and yogurt are good sources of calcium vitamin D is found in foods like liver, oily fish and eggs.

Children need a healthy diet because:

- Children need nutritious foods for growth and development
- Good eating habits start in childhood and poor eating habits may be difficult to change in later life.
- Poor diets can lead to health problems in childhood in later life ✓ research
- Children need to cut down on how much sugary foods they eat and how often they eat it, to help prevent tooth decay.

SUNDAY
24th October 1999

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Let them eat crisps

Healthy eating, what does it mean in terms of feeding children?

Here you will find some helpful tips on how to cut down on fat, ideas for healthy snacks and how to encourage reluctant eaters.

For most people the move towards a healthy, balanced diet means eating more bread, potatoes, pasta, rice and other cereals and more fruits and vegetables. This is the type of diet adults and children over the age of five should be eating.

Children aged two will be eating a diet which is higher in fat and lower in fibre but should gradually move towards a diet similar to adults by the time they are five.

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Children under two need the extra fat and vitamins in full-fat dairy products, so don't give semi-skimmed milk, diet fromage frais, diet yoghurts, reduced fat spreads or cheeses. Skimmed milk is not suitable for children under the age of five. After the age of two, semi-skimmed milk can be used in family cooking for

convenience.

Your toddler's diet

Like the rest of the family, your toddler needs to eat a variety of foods from four groups of food. By doing this your child will almost certainly get all the nutrients he or she needs:

- Milk and dairy foods - milk, cheese, yoghurt, fromage frais.
- Meat, fish and alternatives - meat, fish, poultry, eggs, beans, lentils, etc.
- Bread, other cereals and potatoes - bread, rice, pasta, maize, potatoes, breakfast cereals etc.
- Fruits and vegetables - all types of fruits and vegetables.

The fifth group of foods - foods containing fat and foods containing sugar - are enjoyed by children and adults alike, but don't contain many nutrients, so limit how often your toddler eats biscuits, cakes, chocolate, puddings, sweets and ice cream.

<http://www.bbc.co.uk/education/health/chs/healthy.shtml>

10/24/99