



Sample 2

RECOGNISING ACHIEVEMENT

MARK SHEET – RESOURCE TASK 1

HOME ECONOMICS (FOOD AND NUTRITION) 1973

Centre Number \_\_\_\_\_ Candidate Number \_\_\_\_\_ Candidate Name \_\_\_\_\_ Date \_\_\_\_\_

Task Title *A healthy snack for young children.*

Assessment Area	Maximum Mark	Achieved Mark	Teacher Comment
Planning	4	2	<i>Included equipment and ingredients list. Time plan included but no menu plan. Note any comments and times for your plan.</i>
Execution (i) organisation and skills	8	6	<i>Carried out planned work to a good standard. Safe and organised. Skilled choice.</i>
Execution (ii) outcomes	4	3	<i>Served snack attractively. Good suitable result. Produced a quality outcome.</i>
Evaluation	4	2	<i>Mentions steps and materials included. Mentioned ingredients. Came to conclusion. Remember to explain all points up. Any relevant notes included.</i>
Total	20	13	<i>A pleasing effort</i>

Food/ocr/ocr/marksheet/resource tasks  
18/12/00

A  
HEALTHY  
SNACK  
FOR  
YOUNG  
CHILDREN

## 5 important points when preparing a snack for a child

1. make the snack healthy - low in sugar ✓
2. make sure the children at pre-school like what you are making. ✓
3. make sure the children are not allergic to them and can not choke on them. ✓
4. let them choose what they want in the snack they are more likely to eat it.
5. Make them different shapes and colours so the children will get attracted to it. ✓

Easy to eat

Easy to transport.

## Healthy eating

Eating healthy is important for young children they need large amounts of nutrients to meet their energy needs and they need to eat healthy so they don't develop coronary heart disease and other illnesses in later life.

A good variety of foods should ensure children get all the vitamins and minerals they need. Iron is important for young children meat and dark green vegetables are rich sources of iron.

Calcium and Vitamin D are also important for growing children it is found in milk, cheese and yogurt.

✓ research.

## Ingredients

75g margarine

60g caster sugar

1 egg yolk

✓  
read w/rey

150g self raising flour

75g Raisins

## Equipment

mixing bowl

baking tray

electric mixer



## Time plan

11.55 - wash hands, put oven on. / remember overtemp.

12.00 - get equipment out grease baking tray.

12.05 - put sugar and margarine in mixing bowl and mix together.

12.10 - put flour and eggs in mixing bowl and mix together.

12.15 - put raisins in and mix together.

12.20 - put on baking tray.

12.30 - put in the oven. - Looking time.

- Remember to mention clearing away + serving

## Questionnaire

1. Did your children enjoy the cookies

yes no

2. Do your children eat healthy at home and school

yes no

3. Do your children eat fruits and vegetables

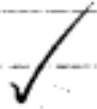
yes no

4. How many meals do your children have a day

three times two times four times

5. Do your children eat lots of sugary and fatty foods.

yes no



## Survey

I handed my questionnaire out to some of my family and this was my result.

I asked 10 people altogether.

### Question 1

I asked 10 people this and they all put yes

### Question 2

I asked 10 people this and 7 put yes and 3 put no

### Question 3

I asked 10 people this and they all put yes.

### Question 4

I asked 10 people this and they all put yes.

### Question 5

I asked 10 people this and 7 put no and 3 put yes



## Evaluation

I made cookies

### Method

First I got all my equipment out and washed my hands. Then I greased a baking tray. Then put the Caster sugar and margerine into a mixing bowl and mixed together with a electric mixer. Then add the egg yolk and flour and mix together then add the raisans and mix together. then devide the mixture into 24 small balls then place them on to the baking tray using a fork flatten slightly bake in the oven for 10-15 mins. until slightly golden and allow to cool slightly befor puting onto a wire cooling rack.

This snack was suitable for young children because it was not messy to eat and it is healthy. - explain why

I made my snack low in sugar by reducing the amount of sugar and margerine.

The shape was easy for young children to handle but they need to be all the same size. ✓

Children would enjoy this snack because most children like cookies and they enjoy eating fruit. ✓

The appearance needs to be improved by making the cookies attracted to children and all the same size.

The texture was quite soft and the raisins helped make them more c ✓

I could improve the cookies by making them the same size and make them more attracted to the children by making different shapes.

The cost of this snack was

margarine = 75p

caster sugar = 80p

eggs = 75p

self raising flour = £1.80p

Raisins = £1.25p

Total cost £5.35p - Remember only cost amounts used!

Centre Number \_\_\_\_\_ Candidate Number \_\_\_\_\_ Candidate Name \_\_\_\_\_ Date \_\_\_\_\_

Task Title *Compare a home made dish with a similar convenience variety.*

Assessment Area	Maximum Mark	Achieved Mark	Teacher Comment
Planning	4	2	<i>Produced a plan but remember to show comparison. Included a resources list.</i>
Execution (i) organisation and skills	8	5	<i>Carried out planned work to a good standard mainly unaided. Carried out work of an investigational nature with some accuracy. Organised resources efficiently and good use of range of processes and safety. good understanding of these.</i>
Execution (ii) outcomes	4	3	<i>Produced quality outcome to be task. Produced clear, valid results.</i>
Evaluation	4	2	<i>Identified some strengths and weaknesses. Came to conclusions – but more detail needed. Looked results from chart and discussion.</i>
<b>Total</b>	<b>20</b>	<b>12</b>	

Grandma's home made pizza with a twist,  
and it's so delicious!

## Pizza

### Ingredients

200g Self raising flour  
pinch salt  
pinch baking powder  
50g margarine  
 $\frac{1}{4}$  pint milk  
tomato puree  
100g cheese  
Ham  
Pineapple

### Equipment

1 box to carry home in  
1 bowl  
1 sieve  
1 baking tray  
1 spoon  
2 fish slicers

### Method

Oven 200°C for 20-30 minutes

Grease the baking tray with a little oil  
Sift flour into bowl, add the marg, rub in to  
resemble bread crumbs

Add milk, a little by little and mix until you  
have soft, but not sticky dough

Put dough onto baking tray and make into  
a round shape with your hands

Spread tomato puree on to leaving a 1cm  
gap from the edge

Add the rest of the topping

Bake for 20-30 minutes until base is cooked  
through.

# Time Plan

for ?

Time	Action
10.00	put oven on, get equipment out
10.05	grease baking tray, put flour into a bowl
10.10	add butter rub in with fingers and add milk
10.15	roll dough out on pastry board
10.20	put topping on
10.30	put in oven, wash up

Over temp

Compare with convenience  
PIZZA

Complete chart.



RESULTS For ?

	fresh	Convenience
Taste	Tasted freshly baked. ✓	it tasted of frozen cheese, ham, gnappe
Appearance	it was out of shape ✓	it looked appetizing
Smell	Smell of melted cheese and freshly <sup>cooked</sup> dough ✓	there was no smell
Colour	colourful	There was no colour ?
Cost	£1.60	£1.99 ✓ size

show exact costing please

## Evaluation

I chose to make a pizza because it was easy to make and it had a bit of skill involved - which was

The people who are likely to make pizza are the people with young children and have got quite a lot of freetime - ?

You should store pizza in a freezer or in a cool place it should be stored in a box or a plastic rapper ✓

### The thing to improve on

I could improve my pizza by making sure I put the base of the pizza on a baking tray before I put the topping on. I could also work faster

### Advantages of making a ready made pizza

It takes less time, you just have to put it in the oven. ✓

### Costs

A frozen pizza costs £1.99 ✓

A freshly made pizza costs £1.60

### My success or cost

I think my pizza was good and the texture and colours were good but I just need to make it more of a rounded shape. ✓

### ready made pizza

the colours were mainly yellow so they all blended into gether

the texture was dry and crumbly and the flavour tasted mostly cheesy and you could not taste anything else. ✓

### Fresh pizza

the colours were mainly yellow but it had pink and red as well.

The texture was a bit dry and the flavour tasted of every thing on the pizza cheese, tomato puree, ham and pineapple.

### Conclusion

I think it would be easier to make your own pizzer because you get all the flavours and it's colourful but if you have not got much time put more topping of your own on or buy just the base from the shop and add your own topping. ✓

## Questionnaire

1. What convenience foods do you eat the most of?
2. How often do you eat convenience foods?
3. How often do you go shopping?
4. Do you prefer fresh foods or convenience foods?
5. Do you think convenience foods are healthier than fresh foods?
6. Is there a shop near you that sells convenience foods?

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## 3 COURSEWORK ADMINISTRATION PACK

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This Coursework Administration Pack is designed to accompany the OCR GCSE Home Economics (Food and Nutrition) specification for teaching from September 2001.

The forms in this pack are for use with the following specification:

- **Home Economics (Food and Nutrition) (1973)**

Guidance on the assessment of coursework will be found in Section 7 of the specification.

A master copy of all GCSE Administration Packs will be sent to Examinations Officers during 2001.

Centres are permitted to copy materials from this booklet for their own internal use.

Contents:

### **Compulsory Recording Materials**

Coursework Cover Sheet, Individual Task

Coursework Cover Sheet, Resource Tasks

Coursework Summary Form

### **Optional Recording Materials – Coursework Enquiries**

Coursework Enquiry Form

These materials will **not** automatically be sent out annually.

All forms may be photocopied and used as required. Additional copies may be downloaded from the OCR website [www.ocr.org.uk](http://www.ocr.org.uk).



## Compulsory Recording Materials

**Coursework Cover Sheet:** A separate form must be completed for the Individual Task and for each of the Resource Tasks for every candidate and must be attached to the work before it is sent to the Moderator.

**Coursework Summary Form:** This records the marks for each of the marking criteria and total marks for each candidate entered by your Centre. It is not necessary to put the candidates into rank or alphabetical order. When the Centre is notified of the address of the Coursework Moderator, this form should be forwarded. Centres should keep a copy of the completed form.

## Internal Standardisation

Where more than one teacher in the Centre has marked the work for a particular coursework component, the Centre must standardise the marking in order to ensure that candidates who have demonstrated the same level of attainment receive the same mark and that the rank order of the coursework marks for the Centre as a whole is appropriate.

## Submission of Marks

OCR will send Centres internal assessment mark sheets (MS1) for the submission of coursework marks, along with instructions for completing and returning the mark sheets. Coursework marks may also be submitted electronically by EDI. The dates for despatch of MS1 mark sheets and for submission of coursework marks are given on the Key Dates poster for each session. Centres must ensure that they keep a copy of their coursework marks.

## Moderation

Moderator address labels will be sent to Centres shortly before the coursework mark submission date. Where the Centre has ten or fewer candidates entered for a coursework component all the candidates' work should be sent to the Moderator with a copy of the internal assessment mark sheet(s). Where there are more than ten candidates, the Centre should send all marks to the Moderator by the mark submission deadline and keep the work secure. The Moderator, once he/she has received the marks from the Centre, will contact the Centre to request a sample of work. Centres should respond promptly to any requests for work from the Moderator. A report on the outcome of the moderation will be sent to Centres at the time results are issued.

## General Coursework Regulations and Procedures

General coursework regulations and procedures including those concerning lost or incomplete coursework are given in the OCR *Handbook for Centres*.

## Optional Recording Materials – Coursework Enquiries

**Coursework Enquiry Form:** The appropriate form should be used to request advice on the suitability of coursework tasks and specific mark schemes.

Coursework enquiries for Home Economics (Food and Nutrition) should be sent to OCR at the following address:

Administrative Officer (Food, Health and Hospitality Team)

OCR

Mill Wharf

Mill Street

BIRMINGHAM

B6 4BU

Correspondence should be marked ‘Coursework Enquiry’.

**HOME ECONOMICS (FOOD AND NUTRITION) 1973  
GCSE  
Coursework Cover Sheet – Individual Task**



Please read the instructions printed overleaf before completing this form. One of these cover sheets, suitably completed, must be attached to the assessed work of each candidate.

Year	2	0	0
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<b>Centre Number</b>						<b>Candidate Number</b>					<b>Candidate Name</b>		<b>Date</b>	
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Task Title
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Assessment Area	Maximum Mark	Achieved Mark	Teacher Comment
Task Analysis	6		
Development & Planning	8		
Execution (i) organisation	8		
(ii) skills	8		
(iii) outcome	8		
Evaluation	14		
<b>Total</b>	<b>60</b>		

## **INSTRUCTIONS FOR COMPLETION OF THIS FORM**

- 1 One form should be used for each Individual Task for each candidate.
- 2 Please ensure that the appropriate boxes at the top of the form are completed.
- 3 Enter the mark awarded for each assessment criterion in the appropriate box.
- 4 Complete the teacher comments box for each assessment criterion.
- 5 Add together the marks for all the assessment criteria to give a total out of 60.
- 6 Sign and date the form.

### **Authentication by the teacher**

I declare that, to the best of my knowledge, the work submitted is that of the named candidate concerned. I have attached details of any assistance given beyond that which is acceptable under the scheme of assessment.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**HOME ECONOMICS (FOOD AND NUTRITION) 1973**  
**GCSE**  
**Coursework Cover Sheet – Resource Task**



Please read the instructions printed overleaf before completing this form. One of these cover sheets, suitably completed, must be attached to the assessed work of each candidate.

Year	2	0	0
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<b>Centre Number</b>											<b>Candidate Number</b>						<b>Candidate Name</b>						<b>Date</b>				
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Task Title
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Assessment Area	Maximum Mark	Achieved Mark	Teacher Comment
Planning	4		
Execution (i) organisation and skills	8		
(ii) outcomes	4		
Evaluation	4		
<b>Total</b>	<b>20</b>		



## **INSTRUCTIONS FOR COMPLETION OF THIS FORM**

- 1 One form should be used for each Resource Task for each candidate.
- 2 Please ensure that the appropriate boxes at the top of the form are completed.
- 3 Enter the mark awarded for each assessment criterion in the appropriate box.
- 4 Complete the teacher comments box for each assessment criterion.
- 5 Add together the marks for all the assessment criteria to give a total out of 20.
- 6 Sign and date the form.

### **Authentication by the teacher**

I declare that, to the best of my knowledge, the work submitted is that of the named candidate concerned. I have attached details of any assistance given beyond that which is acceptable under the scheme of assessment.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**HOME ECONOMICS (FOOD AND NUTRITION) 1973**  
**GCSE**  
**Coursework Summary Form**



Please read the instructions printed overleaf before completing this form.

Year	2	0	0
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Centre Number						Centre Name	
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Name of Teacher completing this form \_\_\_\_\_

Candidate Number	Candidate Name	Teacher Set or Group	Resource Task 1 20 Marks	Resource Task 2 20 Marks	Individual Task 60 Marks	Total 100

## **INSTRUCTIONS FOR COMPLETION OF THIS FORM**

- 1 Teachers must be thoroughly familiar with the appropriate sections of the specification, the criteria for awarding marks and the General Coursework Regulations.
- 2 List the candidates in an order that will allow ease of transfer of marks to the computer printed mark sheets (MS1) at a later stage.
- 3 Mark the coursework according to the guidance and criteria given in the specification.
- 4 Carry out internal moderation to ensure that the total mark awarded to each candidate reflects a single, valid and reliable order of merit.
- 5 Enter any sub marks and total marks in the appropriate places.
- 6 Ensure that the addition and/or scaling of the marks is independently checked.
- 7 Retain securely the forms pending further instructions from OCR.

## **EXTERNAL MODERATION**

Documents will be sent to you in April for the purposes of external moderation.

# HOME ECONOMICS (FOOD AND NUTRITION) 1973

## GCSE

### Coursework Enquiry Form



<b>Centre Name</b>		<b>Centre Number</b>					
<b>Address</b>							

<b>Proposed title:</b>	
<b>Details</b>	
Indicate how the work will be undertaken. Include any strategies for differentiation and indicate where there is scope for individuality and initiative. If relevant, please give an indication of the ability spread of the candidates.	
Include any guidance sheets prepared for the candidates	
(continued overleaf)	
<b>Teacher's Name</b>	<b>Date</b>

(continued)

<b>Consultant's Initials</b>		<b>Date</b>	
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### INSTRUCTIONS FOR COMPLETION OF THIS FORM

There is no requirement, for this specification, for coursework tasks to be given prior approval by OCR. However, this form may be used to request advice on the suitability of coursework tasks and specific mark schemes. There is no charge for this service.

- 1 One form should be used for each title. Please ensure that the appropriate details are given at the top of the form.
- 2 Details of the title, including any worksheets, background information and specific mark schemes (if used), should be attached securely to the form.
- 3 The form and any enclosed material should be sent to:  
The Administrative Officer, Food, Health and Hospitality Team, OCR, Mill Wharf, Mill Street,  
Birmingham, B6 4BU.
- 4 You are strongly advised to retain copies. Please enclose a stamped addressed envelope for the return of the report of the Consultant asked to consider the task, and any enclosed materials.
- 5 While the Consultant will normally respond quickly, you should allow a period of six weeks between submission of this form to OCR and its return.
- 6 You are advised to enclose a copy of the Consultant's report with the candidate's coursework submitted for external moderation