



General Certificate of Secondary Education

169/03

**HOME ECONOMICS
(FOOD AND NUTRITION)
BOARD - PRESCRIBED TASK
2008**

To be opened week beginning
MONDAY, 7 JANUARY 2008

Candidates will be issued with their task during the week beginning

MONDAY, 7 JANUARY 2008

Teachers may give guidance from this date until the first session.

The remainder of the task must be conducted under examination conditions.

Candidates will begin the Board-prescribed task during the week beginning

MONDAY, 14 JANUARY 2008

Candidates will be allowed **ten hours** to carry out the task allocated at the discretion of the centre.

Candidates must complete the Board-prescribed task by

FRIDAY, 18 APRIL 2008

Note: *Candidates will be expected to record dates and times spent completing the task on form HE1.*

Answer **one** of the following:

EITHER, TASK 1

Breakfast is considered to be the most important meal of the day.

- (a) Investigate the benefits of eating breakfast. [15]
- (b) Develop a range of interesting ideas for breakfast dishes. [20]
- (c) Plan and make a selection of dishes for breakfast. [25]
- (d) Evaluate your work. [20]

This task must be supported by investigational work - refer to guidelines given below.

OR, TASK 2

Many people are choosing alternatives to meat as part of their diet.

- (a) Investigate the use of alternatives to meat in the diet. [15]
- (b) Develop a range of interesting ideas for dishes using alternatives to meat. [20]
- (c) Plan and make a selection of dishes using alternatives to meat. [25]
- (d) Evaluate your work. [20]

This task must be supported by investigational work - refer to guidelines given below.

Supportive Work - Guidelines

Your supportive work should show evidence of interpretation, investigation, planning and evaluation. ICT may be used where appropriate. It is recommended that your work be limited to 5 sheets of A3 paper or its equivalent (approximately 2,000 words).

The written work may be submitted in any form - booklet, file, charts, etc. You must include evidence of the following:

- (a) interpretation and investigation of your chosen task, [15]
- (b) selection and development of ideas, explore possible ideas/solutions and make reasoned choices, [20]
- (c) planning and making, [25]
- (d) evaluation of your work. [20]