



GCSE – **NEW**

3560U20-1



FOOD AND NUTRITION – Unit 2
Food and Nutrition in Action

Non Examination Assessments

Summer 2019

**AVAILABLE ONLY TO CANDIDATES ENTERING THE WJEC
QUALIFICATION APPROVED BY QUALIFICATIONS WALES AND NOT
AVAILABLE TO CENTRES IN ENGLAND.**

To be opened by centres after 7 May 2018.

The Assessments can be shared with candidates any time after the release date, at the discretion of the Centre.

Assessment 1: WJEC recommends 10 assessment hours to carry out the chosen task.

It is recommended that candidates complete the chosen task by 21 December 2018.

Assessment 2: WJEC recommends 15 assessment hours to carry out the chosen task. The 15 assessment hours **must** include a single, final practical session of **3 hours** in length.

It is recommended that candidates complete the chosen task by 19 April 2019.

To be internally assessed and externally moderated.

Work **must** be sent for moderation by **5 May 2019**.

Non-Examination Assessment**Assessment 1: The Food Science Investigation**

Answer one of either Option A or Option B.

Option A

Gelatine is a colourless, tasteless and odourless setting agent used in many sweet dishes. When mixed with water, a gel is formed.

Investigate the effects different fruits have on the setting of jelly.

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

Option B

There are a range of fats available to consumers.

Investigate the use of different fats when making a cake using the creaming method.

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

Supportive Work Guidelines

Your supportive work should show evidence of the scientific principles underlying the preparation and cooking of food through research, investigation, trialling, modifying and developing, and evaluation. The written evidence is limited to a 2,000-2,500 word count.

The written evidence may be submitted electronically or as a paper version and must include evidence of the following:

- Section (a) Research and investigate the task.
Carry out research and produce a plan of experiments. Predict an outcome.
Justify your choices for experimental work/modifications. [10]
- Section (b) Investigate the working characteristics and the functional and chemical properties of the ingredients through **practical** experimentation and use the investigation findings to achieve a particular result. [20]
- Section (c) Evaluation.
Analyse and evaluate the task.
Analyse the data and results collected and draw conclusions. Justify all findings and results, evaluate the hypothesis and confirm if predictions were proven. [10]

Non-Examination Assessment

Assessment 2: The Food Preparation Assessment

Answer one of either Option A or Option B.

Option A

France is often considered the culinary capital of the world. Research, plan, prepare and cook three dishes (with accompaniments if appropriate) that showcase French cuisine.

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

Option B

“Kids’ school packed lunches are still full of junk food”, research finds.

Research a range of dishes suitable for a child’s packed lunch. Plan, prepare and cook at least three dishes (with accompaniments if appropriate) that would meet the UK government’s advice for healthier packed lunches.

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

Supportive Work Guidelines

Your supportive work should show evidence of research, investigation, selection of dishes, justification, planning and evaluation. It is recommended that your work be limited to no more than 15 pages (30 sides) of A4 or equivalent A3, comic sans font size 12. To include all photographs, graphs and charts.

The written evidence may be submitted electronically or as a paper version and must include evidence of the following:

- Section (a) Research and investigate your chosen task (to include testing and trialling). [10]
- Section (b) Plan the task:
Select a final menu to be produced to showcase skills. Justify your choice of dishes and produce an order of work for the practical execution of the dishes. [15]
- Section (c) Prepare, cook and present a menu of three dishes and accompaniments within a single 3 hour session.
Photographic evidence of the completed dishes is essential. [45]
- Section (d) Evaluate the selection, preparation, cooking and presentation of the three dishes and any accompaniments. [10]

It is an expectation that you will use the correct tools, safely and competently when carrying out a range of techniques. You will be expected to demonstrate essential hygiene rules and food safety principles, when storing, preparing, cooking and presenting food for this assessment. **No marks** will be allocated to hygienic working as this is a mandatory requirement.

Please ensure all work submitted for moderation can be clearly identified as your own work. (i.e. centre name and number, your name and examination number.)