

## Food and Nutrition first award summer 2018

### Guidance for centres: Unit 2

#### Assessment 1

*In order to support candidates with Assessment 1, further clarification has been produced on key terms, used in the Specification and SAMS. The live tasks released in September and November will reflect the use of these key terms.*

- 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\***, **function\*** and **chemical\*** properties of **ingredients\*** through **practical experimentation\*** and use the investigation findings to achieve a **particular result\* with respect to the preparation and cooking of food.**      **[20]**
- Section (c)      Analyse and evaluate the task.  
Analyse the data and results collected and draw conclusion. Justify all finding and results, evaluate the hypothesis and confirm if predictions were proven.      **[10]**

#### Section (b)

**\*Working characteristics** refers to how the food/ingredient behaves, its performance or how it is used to its best advantage, when in a recipe cooked on its own, or as an accompaniment e.g. using block margarine for rubbing-in rather than low fat spread.

**\*Functional** refers to the purpose for which the ingredient is being used and can be linked to its: structure, nutritional value, taste, texture, appearance, shelf life etc. e.g., whisking an egg for a fatless sponge.

**\*Chemical** refers to actions that are irreversible and can refer to raising of products, setting, deterioration, degeneration, loss of nutritional content, loss of colour, loss of structure etc. e.g. the action of baking powder in baked products.

**\*Ingredients:** can refer to any food commodity, food/ingredient used as a component of a recipe or served as a single item.

**\*Through practical experimentation: *can include*** making modifications as appropriate to the brief i.e. changing ingredients, ratios, cooking methods.

**\*Particular result** can be: to improve the quality of final outcome through; increasing nutritive value, decreasing fat content, increasing fibre ( NSP) content, enhanced taste, texture, appearance, etc.

#### Section (c)

Learners are advised to gather results from a range of preference testing; this could include sensory analysis, charts, and consumer feedback via peer assessment.