

WJEC GCSE Food and Nutrition

Approved by Qualifications Wales

Sample Assessment Materials

Unit 3: Food and Nutrition in Action

Teaching from 2025

For award from 2027



This Qualifications Wales regulated qualification
is not available to centres in England.

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Ready for the world.

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SAMPLE

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About this pack: information for teachers

This pack contains the assessment materials for Unit 3: Food and Nutrition in Action.

Within this pack, you will find:

- information for teachers on how to manage arrangements for assessment
- an observation record sheet for use with task 3
- a mark record sheet
- a **candidate pack** which includes:
 - details of the assignment
 - a detailed breakdown of each task
 - information for candidates, which tells candidates about things that they must and must not do when they are completing the assessment
 - the mark scheme which must be used to assess candidate work
 - a Candidate Declaration Form
 - a Candidate Time Record sheet.

You must provide each candidate with a copy of the complete candidate assessment pack.

Managing the assessment

This is a centre-marked (internal) non-examination assessment. The following arrangements must be followed when managing and marking the assessment.

Time

Candidates must be allowed **12 hours** to complete this assessment. Candidates should spend approximately:

- 3 hours completing Task 1
- 4 hours completing Task 2
- 3 hours completing Task 3
- 2 hours completing Task 4.

The time suggested for each task takes account of the contribution of the task to the overall assessment requirements. There can be no changes to the total time available for this assessment. Centres can, however, amend the suggested time available for each task.

Resources

Candidates must have access to the candidate assessment pack and any necessary resources, as specified in the detailed task tables within the candidate pack.

Collaboration

Group work is **not** allowed. Candidates must complete all tasks individually.

Supervision

Candidates must be supervised by an assessor whilst completing the activities. Centres must have in place systems to ensure candidates cannot access evidence they have been developing outside of supervised activities.

Authentication

Supervision must be in place to ensure the authenticity of evidence produced for summative assessment.

You should not provide input or guidance to candidates during the assessment time. This includes providing formative feedback on the evidence being produced. You can provide guidance on the requirements of the task and remind candidates of the mark bands and how they can be interpreted.

Candidates can review and redraft evidence independently within the time controls for the assessment.

Candidates must sign the declaration to confirm that all evidence submitted for moderation is their own work and that any sources used have been acknowledged.

Assessors must sign the declaration to confirm that evidence submitted for moderation was completed under the controlled conditions set out in this assessment.

Candidate evidence

The acceptable formats for evidence of each of the tasks is summarised in the task tables. Any modified assessment must enable the candidate to generate the evidence required in this table.

Marking the assessment

The marking scheme for this assessment are included in the candidate pack.

All marking of evidence must be made against the marking scheme provided. Evidence marked must comply with any requirements set out in the assessment pack.

Written evidence must be annotated to show how it relates to the mark band requirements.

Marking should only be undertaken by a designated assessor. An assessor should have appropriate expertise in the subject and level for a specified unit. The assessor is responsible for ensuring that:

- assessment is conducted under the controls specified in the task table
- they are clear about the requirements of the assessment and marking scheme prior to commencing assessment
- evidence presented for assessment is valid, authentic; reliable and credible
- assessment decisions are accurately recorded
- evidence is appropriately annotated
- observation records contain sufficient detail for objective corroboration of decisions
- judgements are only made against the mark band statements.

A mark record sheet must be completed for each candidate.

Further information

You should refer the JCQ Instructions for conducting non-examination assessment for further information on managing assessment within our GCSE Qualifications.

This pack is a sample. It must not be used for live assessment.

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Observation Record

| | | |
|--|-------------|-----|
| Candidate Name: | | |
| | Mark | |
| Task 3 | /45 | |
| Overall Assessment Commentary (including conduct/confidentiality) | | |
| Assessor Signature | | |
| Name (printed) | | |
| Date | / | /20 |

SAMPLE

Candidate Mark Record Sheet

| | | | | | | | | | |
|----------------------|--|--|--|--|--|--|--|------------------------|--|
| Centre No: | | | | | | | | Centre Name: | |
| Candidate No: | | | | | | | | Candidate Name: | |
| Unit Title: | | | | | | | | | |

| Task | Mark Awarded |
|-------------------|---------------------|
| | /10 |
| | /15 |
| | /45 |
| | /10 |
| Total Mark | /80 |

I have authenticated the candidate's work and am satisfied that to the best of my knowledge the work produced is solely that of the candidate. The candidate has clearly referenced any sources, and any AI tools used in the work. I understand that false declaration is a form of malpractice.

| | |
|---------------------------|-------|
| Assessor Signature | |
| Name (printed) | |
| Date | / /20 |



WJEC GCSE Food and Nutrition

Candidate Assessment Pack (3580QSL-3)

Unit 3: Food and Nutrition in Action

About this pack: information and instructions for candidates

This candidate assessment pack is for candidates completing Unit 3: Food and nutrition in action.

Within this pack, you will find:

- your assignment
- a detailed breakdown of each task, the evidence requirements, and the conditions (controls) under which the task is to be completed
- information for candidates, which tells you about things that you must and must not do when you are completing the assessment
- the mark scheme which will be used to assess your work
- a Declaration Form
- a Time Record sheet.

You will have 12 hours in total to complete this assessment. You should spend approximately:

- 3 hours completing Task 1
- 4 hours completing Task 2
- 3 hours completing Task 3
- 2 hours completing Task 4.

You will be supervised throughout the assessment.

Your teacher is allowed to help you to understand the assessment requirements briefs and the tasks, but there are rules about the kind of help and how much they can give you. You should speak to your teacher if you have any questions about what you are and are not allowed to do as you are completing the tasks, as they will know how much help they are allowed to give you.

It is important that you work independently from other candidates and the work produced should be your own unaided work. You and your teacher will be required to sign a declaration that all work presented is your own work.

You are advised to check your work carefully to make sure that it is accurate and correct.

Unit 3: Food and nutrition in action

Assignment

Research, plan, prepare cook and present three food outcomes and accompaniments, as appropriate, to meet specific requirements.

You have a total of **12** hours to complete this assignment.

Brief A

"The use of plant-based foods has increased in recent years."

Research, plan, prepare, cook and present three food outcomes and accompaniments, as appropriate, that showcase a variety of techniques when using different plant-based foods.

This assignment must be supported by investigational work – refer to guidance given below.

Brief B

"At festivals and outdoor gatherings, food is sold from a food truck."

Research, plan, prepare, cook and present three food outcomes and accompaniments, as appropriate, that showcase a variety of techniques and that could be sold from a food truck.

This assignment must be supported by investigational work – refer to guidance given below.

Supportive Work Guidelines

Your supportive work should show evidence of research, trialing of dishes, selection of dishes, justification, planning and evaluation. Evidence to include all photographs, graphs and charts.

Your supportive work must show evidence of:

Task 1 - Research and investigation of your chosen brief (to include trialing and testing)

Task 2 (a) - Selection and justification of food outcomes and accompaniments, as appropriate

Task 2 (b) - Order of work

Task 4 - Evaluation

Task 4 - Evidence to include photographs, graphs and charts.

The written and visual evidence must be submitted electronically as one PDF document.

Tasks

| Task 1 | Evidence | Controls |
|--|---|---|
| <p>1 Research and investigate your chosen brief (to include trialing and testing).</p> <p>Research should link to the chosen brief and include reference to at least three of the key factors that influence food and ingredient choice. This may include:</p> <ul style="list-style-type: none"> • Cultural influences • Food availability and seasonality • Levels of physical activity • Lifestyles • Nutritional needs across the life stages • Personal preferences • Religious beliefs • Sensory qualities • Shelf life of food • Socio-economic influences • Specific dietary needs or nutritional deficiencies • Emerging trends related to factors that affect food and ingredient choices • Benefits of using locally sourced, Welsh food. | <p>Written evidence of research collected using a range of resources.</p> <p>This could include: questionnaires, product analysis, interviews, internet research, a takeaway/restaurant visit or observing cookery demonstrations</p> <p>Written and photographic evidence of recipe trials with analysis in order to select and reject dishes. Comments to be included could cover nutrition, skills, cooking methods and sensory qualities.</p> | <p>Supervision: Direct</p> <p>Guidance: Not permitted</p> <p>Resources: Permitted</p> <p>Collaboration: Not permitted</p> |
| | [10 marks] | |

Resources permitted:

- Webpages
- Online videos
- Magazines
- Recipe books.

Or any other suitable resource.
You should spend approximately 3 hours completing this task.

| Task 2 | | Evidence | Controls |
|---------------|--|---|---|
| 2 | <p>(a) Selection and justification of food outcomes and accompaniments, as appropriate.</p> <p>In relation to your chosen brief, complete the following planning tasks:</p> <ul style="list-style-type: none"> • Select recipes that meet the requirements of the chosen brief • Justify your choice of recipes selected; your justification should include reference to: <ul style="list-style-type: none"> • any adaptations you will make to the recipes • the ingredients and quantities you will use • how your research in Task 1 helped you decide on the chosen recipes – include reference to the factors that influence food choice • the techniques you will use in the recipes and the level of complexity • how the food outcome and accompaniments will be presented to reflect the chosen brief • any modifications to the ingredients and quantities in the chosen recipes. <p>(b) Order of work</p> <p>In relation to the chosen brief and recipes for the three food outcomes and accompaniments, as appropriate, produce an order of work based on the following:</p> <ul style="list-style-type: none"> • Ingredients • Quantities and weights • Mis-en-place • Relevant food hygiene and safety practices and procedures | <p>(a) Selection and justification of food outcomes and accompaniments, as appropriate.</p> <ul style="list-style-type: none"> • Copies of the chosen recipes for the three food outcomes and accompaniments, as appropriate. • Written evidence to justify choices made when planning the three food outcomes and accompaniments as appropriate. <p>(b) Order of work</p> <p>Written evidence of the order of work with sufficient detail that would allow another person to replicate the three food outcomes and accompaniments, as appropriate.</p> | <p>Supervision: Direct</p> <p>Guidance: Not permitted</p> <p>Resources: Not permitted</p> <p>Collaboration: Not permitted</p> |

| | | |
|--|--|--|
| | <ul style="list-style-type: none">• Techniques used• The practical execution of timings and sequencing over three hours• Dovetailing• Presenting and finishing• Contingency plans. | |
| | (a) 6 marks (b) 9 marks Total [15 marks] | |
| You should spend approximately 4 hours completing these tasks. | | |

SAMPLE

| Task 3 | Evidence | Controls |
|--|--|---|
| <p>3 Prepare, cook and present three food outcomes and accompaniments, as appropriate, within a single 3 hour session.</p> <p>The order of work must be followed during this session.</p> <p>Photographic evidence of the completed food outcomes and accompaniments, as appropriate, is essential.</p> <p><i>It is an expectation that you will use the correct tools, safely and competently when carrying out a range of techniques.</i></p> <p><i>You will be expected to demonstrate essential food hygiene safety practices and procedures when preparing, cooking, presenting and storing food for this assessment.</i></p> <p>In relation to the chosen brief: prepare, cook and present, three food outcomes and accompaniments as appropriate. During the practical session, production of the food outcomes and accompaniments, as appropriate, you must demonstrate the following:</p> <ul style="list-style-type: none"> • ability to follow your order of work and deploy contingencies as needed. • selection of and safe competent use of a range of correct kitchen equipment • suitable preparation techniques • suitable knife techniques • suitable cooking techniques • production of the three food outcomes and accompaniments, as appropriate | <p>Photographic evidence of final outcomes Evidence of any tasting (optional) to support evaluation in Task 4.</p> | <p>Supervision: Indirect</p> <p>Guidance: Not permitted</p> <p>Resources: Not permitted</p> <p>Collaboration: Not permitted.</p> <p>Within the three hours session - controlled conditions must be adhered to.</p> <p>However, due to the practical nature of this assessment, learners are permitted to:</p> <p>Ask each other to pass equipment etc.</p> <p>Give feedback to each other on final food outcomes and accompaniments, as appropriate. in</p> |

| | | |
|--|--|--|
| | <ul style="list-style-type: none"> • evidence of tasting and seasoning • presentation of final three food outcomes and accompaniments, as appropriate, including garnishing, food styling and portion control. | <p>order to help learners make informed comments for Task 4, however, changes to food outcome and accompaniments, as appropriate, based on feedback are NOT permitted.</p> <p>All practical outcomes must be the candidate's own work.</p> <p>Teachers are permitted to assist where a health and safety issue is identified. Details of assistance with health and safety issues must be recorded Observation Form (Appendix G).</p> |
| | [45 marks] | |
| <p>You must spend approximately 3 hours completing these tasks.</p> | | |

| Task 4 | | Evidence | Controls |
|--|---|---|---|
| 4 | <p>Evaluate the factors which contributed to the success of the three food outcomes and accompaniments, as appropriate.</p> <p>The evaluation should include:</p> <ul style="list-style-type: none"> • recipe selection – suitability of the recipe chosen for the audience and purpose • use of ingredients and quantities – suitability of the ingredients and quantities chosen when preparing, cooking and presenting the three food outcomes and accompaniments, as appropriate • preparation and cooking techniques used – suitability of the techniques used when planning, preparing and cooking the three food outcomes and accompaniments, as appropriate • time management • health, safety and hygiene • nutritional benefits • success of any adaptations • presenting and serving • tasting (using sensory descriptors). | <p>Written evidence including data used to draw conclusions – graphs, charts, star diagrams.</p> <ul style="list-style-type: none"> • Photographic evidence as for Task 3. | <p>Supervision: Direct</p> <p>Guidance: Not permitted</p> <p>Resources: Not permitted</p> <p>Collaboration: Not permitted</p> |
| | [10 marks] | | |
| You should spend approximately 2 hours completing these tasks. | | | |

End of tasks

Information for candidates

The following information has been taken from the [JCQ Information for candidates – non-examination assessments](#) and the [JCQ Artificial Intelligence \(AI\) Use in Assessments: Protecting the Integrity of Qualifications](#). This tells you about things that you **must** and **must not** do when you are completing your assessment. If there is anything that you do not understand, you **must** ask your teacher.

Preparing your work

- When you submit your work and sign your candidate declaration form, you need to ensure that your final product reflects your own independent work and isn't copied or paraphrased from another source such as an AI tool.
- If you receive help and guidance from someone other than your teacher, you **must** tell your teacher who will then record the nature of the assistance given to you.
- If you worked as part of a group on a task, you **must** each write up your own account of the assignment. Even if the data you have is the same, you **must** describe in your own words how that data was obtained, and you **must** independently draw your own conclusions from the data.
- Take care of your work and keep it safe. **Do not** leave it lying around where your classmates can find it or share it with anyone, including posting it on social media. You **must** always keep your work secure and confidential whilst you are preparing it; **do not** share it with your classmates. If it is stored on the computer network, keep your password secure. Collect all copies from the printer and destroy those you do not need.
- **Do not** be tempted to use pre-prepared online solutions (such as those produced by AI tools and chatbots) – this is cheating. Electronic tools used by WJEC can detect this sort of copying.
- You **must not** write inappropriate, offensive or obscene material.

Plagiarism

Plagiarism involves taking someone else's words, thoughts or ideas and trying to pass them off as your own. **It is a form of cheating which is taken very seriously.** Don't think you won't be caught; there are many ways to detect plagiarism:

- Markers can spot changes in the style of writing and use of language.
- Markers are highly experienced subject specialists – they may have read the source you are using, or even marked the work you have copied from!
- Internet search engines and specialised computer software can be used to match phrases or pieces of text with original sources and to detect changes in the grammar and style of writing or punctuation.

Penalties for breaking the regulations

If it is discovered that you have broken the regulations, one of the following penalties will be applied:

- the piece of work will be awarded zero marks
- you will be disqualified from that unit for the assessment series in question
- you will be disqualified from the whole subject for that assessment series
- you will be disqualified from all subjects and barred from entering again for a period of time.

WJEC will decide which penalty is appropriate.

Remember – it's your qualification so it needs to be your own work.

Mark scheme

The following mark scheme will be used to assess your work.

0 marks will be awarded if there is no evidence or submitted work is not worthy of credit.

Task 1

Research and investigate the chosen brief (to include trialing and testing).

Research should link to the chosen brief and include reference to at least **three of the factors that influence food and ingredient choice**. This may include one or more of the following:

- cultural influences
- food availability and seasonality
- levels of physical activity
- lifestyles
- nutritional needs across the life stages
- personal preferences
- religious beliefs
- sensory qualities
- shelf life of food
- socio-economic influences
- specific dietary needs or nutritional deficiencies
- current emerging trends related to factors that affect food and ingredient choice
- the benefits of using locally sourced, Welsh food.

| Band | AO4 |
|------|--|
| 3 | <p style="text-align: center;">Award 7-10 marks</p> <p>An excellent response which demonstrates:</p> <p>Thorough research from at least three different types of sources which have been analysed fully and evaluated leading to a clear understanding of the chosen brief.</p> <p>Research is closely linked to the chosen brief and includes a least three suitable factors that influence food and ingredient choice such as:</p> <ul style="list-style-type: none"> • current emerging trends related to factors that affect food and ingredient choice • the benefits of using locally sourced, Welsh food. <p>At least three suitable food outcomes have been trialled demonstrating basic, medium and complex skills.</p> <p>Accompanying evaluation work of the trials is thorough, with reference to nutrition, complexity of techniques, cooking methods and sensory qualities.</p> |
| 2 | <p style="text-align: center;">Award 4-6 marks</p> <p>A good response which demonstrates:</p> <p>Detailed research from at least two different types of suitable sources which has been analysed and evaluated leading to a good understanding of the chosen brief.</p> <p>Research is linked to the chosen brief and includes at least two suitable factors that influence food and ingredient choice such as:</p> <ul style="list-style-type: none"> • current emerging trends related to factors that affect food and ingredient choice • the benefits of using locally sourced, Welsh food. <p>At least two suitable food outcomes have been trialled demonstrating basic, medium and/or complex skills.</p> <p>Accompanying evaluation work of the trials is detailed and with reference to nutrition, complexity of techniques, cooking methods and sensory qualities.</p> |

| | |
|---|--|
| | Award 1-3 marks |
| 1 | <p>A basic response which demonstrates:</p> <p>Research from at least one type of suitable source which has been considered leading to some understanding of the chosen brief.</p> <p>Research referrers chosen brief and includes at least one suitable factor that influences food and/or ingredient choice such as:</p> <ul style="list-style-type: none"> • current emerging trends related to factors that affect food and ingredient choice • the benefits of using locally sourced, Welsh food. <p>At least one suitable food outcomes have been trialled demonstrating basic and/or medium and/or complex skills.</p> <p>Accompanying evaluation work of the trials refers to nutrition and/or complexity of techniques and/or cooking methods and/or sensory qualities.</p> |
| 0 | Award 0 marks |

Task 2 (a)

Selection and justification of food outcomes and accompaniments, as appropriate.

Reference should be made to:

- justify the choice of recipes selected including any adaptations to the recipes
- identify the ingredients and quantities
- how the research in Task 1 has helped inform decision on the chosen recipes
- suitability of chosen food outcomes and accompaniments, as appropriate, in relation to the chosen brief, considering the factors that affect food choice
- level of complexity and suitability of techniques to be used (see Appendix A)
- how the food outcomes and accompaniments will be presented to reflect the chosen brief
- how any modifications to the ingredients and quantities help to meet the requirements of the chosen brief.

| Band | AO4 |
|------|---|
| 3 | <p style="text-align: center;">Award 5-6 marks</p> <p>An excellent response which demonstrates:</p> <ul style="list-style-type: none">• Appropriate and effective justification of the choice of food outcomes and accompaniments, as appropriate, which includes ALL of the points referred to above, in the bulleted list.• A minimum of three food outcomes with accompaniments, as appropriate, chosen which all demonstrate a wide range of techniques (preparation and knife and cooking (See Appendix A) – including:<ul style="list-style-type: none">• at least one complex technique per food outcome• at least one medium technique per food outcome• at least one other (either basic, medium or complex) technique per food outcome <p>At Band 3 there MUST be at least 9 techniques per three food outcomes as described above.</p> |

| | |
|----------|---|
| | Award 3-4 marks |
| 2 | <p>A good response which demonstrates:</p> <ul style="list-style-type: none"> Appropriate justification of the choice of food outcomes and accompaniments, as appropriate, which includes at least four of the points referred to above, in the bulleted list. A minimum of three food outcomes and accompaniments, as appropriate, chosen which demonstrate a range of techniques (preparation, knife and cooking (see Appendix A)– including: <ul style="list-style-type: none"> at least one complex technique in two of the food outcomes at least one medium technique in two of the food outcomes at least one other (either basic, medium or complex) technique per food outcome <p>At Band 2 there MUST be at least 6 techniques per three food outcomes as described above.</p> |
| 1 | <p style="text-align: center;">Award 1-2 marks</p> <p>A basic response which demonstrates:</p> <ul style="list-style-type: none"> A basic justification of the choice of at least two food outcomes and accompaniments, as appropriate, which includes at least two of the points referred to above (in the bulleted list). A minimum of two food outcomes and accompaniments, as appropriate, chosen which demonstrate some techniques (either preparation or knife or cooking (see Appendix A) – including: <ul style="list-style-type: none"> at least one complex technique in one of the food outcomes at least one medium technique in one of the food outcomes at least one other (either basic, medium or complex) technique per food outcome. <p>At Band 1 there MUST be at least 3 techniques per three food outcomes as described above.</p> |
| 0 | Award 0 marks |

Task 2 (b)

Candidates will be expected to produce an order of work.

Reference should be made to:

- ingredients
- quantities and weights
- mis-en-place
- relevant health and safety practices and procedures
- techniques used
- timings and sequencing over the 3 hours
- dovetailing
- presenting and finishing
- contingency plans.

| Band | AO4 |
|------|---|
| 3 | <p>Award 7-9 marks</p> <p>An excellent response which demonstrates:</p> <ul style="list-style-type: none">• Appropriate and effective order of work which includes between 7 and 9 of the points referred to above, in the bulleted list• A faultless order of work which could be fully replicated by another person to produce the chosen food outcomes and accompaniments, as appropriate. |
| 2 | <p>Award 4-6 marks</p> <p>A good response which demonstrates:</p> <ul style="list-style-type: none">• Appropriate and effective order of work which includes between 4 and 6 of the points referred to above, in the bulleted list• An accurate order of work which could be mostly replicated by another person to produce the chosen food outcomes and accompaniments, as appropriate. |

| | |
|---|---|
| | <p style="text-align: center;">Award 1-3 marks</p> <p>A basic response which demonstrates:</p> <ul style="list-style-type: none">• An order of work which includes between 1 and 3 of the points referred to above, in the bulleted list• A clear order of work which could partially be replicated by another person to produce the chosen food outcomes and accompaniments, as appropriate. |
| 0 | <p style="text-align: center;">Award 0 marks</p> <p>Not credit worthy or not attempted.</p> |

Task 3

Prepare, cook and present three food outcomes with accompaniments as appropriate.

Candidates will be expected to demonstrate the following:

- | | |
|---|------------|
| (a) selection of and safe competent use of a range of correct kitchen equipment | [4 marks] |
| (b) suitable preparation techniques (see Appendix A) | [9 marks] |
| (c) suitable knife techniques (see Appendix A) | [4 marks] |
| (d) suitable cooking techniques (see Appendix A) | [9 marks] |
| (e) production of the food outcomes and accompaniments, as appropriate | [10 marks] |
| (f) evidence of tasting and seasoning | [3 marks] |
| (g) presentation of final food outcomes. | [6 marks] |

AO4

- | | |
|--|-----------|
| (a) selection of, and safe competent use of a range of correct kitchen equipment | [4 marks] |
|--|-----------|

| Award 1 mark | Award 2 marks | Award 3 marks | Award 4 marks |
|---|--|---|--|
| <p>A limited demonstration of the following:</p> <ul style="list-style-type: none">• Selection of a few correct pieces of kitchen equipment• Safe use of a few correct pieces of kitchen equipment• Competent use of a few correct pieces of kitchen equipment. | <p>A basic demonstration of the following:</p> <ul style="list-style-type: none">• Selection of some correct kitchen equipment• Safe use of some correct kitchen equipment• Competent use of some correct kitchen equipment. | <p>A good demonstration of the following:</p> <ul style="list-style-type: none">• Selection of mostly correct kitchen equipment• Safe use mostly correct kitchen equipment• Competent use mostly correct kitchen equipment. | <p>An excellent demonstration of the following:</p> <ul style="list-style-type: none">• Selection of all correct kitchen equipment• Safe use of all correct kitchen equipment• Competent use of all correct kitchen equipment. |

(b) suitable preparation techniques (see Appendix A)

[9 marks]

| | |
|--|---|
| | <p style="text-align: center;">Award 7-9 marks</p> <p>Demonstrates the use of at least one complex and at least one other (either basic, medium or complex) preparation technique for three food outcomes.</p> <p>Band 3 Demonstrates excellent execution of the food production plan, including:</p> <ul style="list-style-type: none">• accurate weighing and measuring• accurate use of timing (including contingency plans)• accurate food hygiene and safety• accurate use of sequencing. |
| | <p style="text-align: center;">Award 4-6 marks</p> <p>Demonstrates the use of at least one complex and at least one other (either basic, medium or complex) preparation technique for two food outcomes.</p> <p>Band 2 Demonstrates good execution of the food production plan including:</p> <ul style="list-style-type: none">• mostly accurate weighing and measuring• mostly accurate use of timing (including contingency plans)• mostly accurate food hygiene and safety• mostly accurate use of sequencing. |

| | | | |
|--|--|--|--|
| | Award 1-3 marks | | |
| Band 1 | <p>Demonstrates the use of at least one complex and at least one other (either basic, medium or complex) preparation technique for one food outcome.</p> <p>Demonstrates limited execution of the food production plan including:</p> <ul style="list-style-type: none"> • limited accuracy with weighing and measuring • limited accuracy with timing (including contingency plans) • limited accuracy food hygiene and safety • limited accuracy with use of sequencing. | | |
| Band 0 | Award 0 marks | | |
| | Not credit worthy or not attempted. | | |
| (c) suitable knife techniques (see Appendix A) | [4 marks] | | |
| Award 1 mark | Award 2 marks | Award 3 marks | Award 4 marks |
| Demonstrates limited use of knife techniques in any of the food outcomes. | Demonstrates the use of at least one medium and at least one other (either basic, medium or complex) knife for at least one food outcome. | Demonstrates the use of at least one complex and at least one other (either basic, medium or complex) knife techniques for two food outcomes. | Demonstrates the use of at least one complex and at least one other (either basic, medium or complex) knife techniques for all three food outcomes. |

(d) suitable cooking techniques (see Appendix A)

[9 marks]

| | |
|---------------|--|
| | <p style="text-align: center;">Award 7-9 marks</p> <p>Demonstrates the use of at least one complex and at least one other (either basic, medium or complex) cooking technique for all three food outcomes.</p> <ul style="list-style-type: none">• accurate use of timing (including contingency plans)• accurate food hygiene and safety• accurate use of sequencing. |
| Band 2 | <p style="text-align: center;">Award 4-6 marks</p> <p>Demonstrates the use of at least one complex and at least one other (either basic, medium or complex) cooking technique for two food outcomes.</p> <ul style="list-style-type: none">• mostly accurate use of timing (including contingency plans)• mostly accurate food hygiene and safety• mostly accurate use of sequencing. |
| Band 1 | <p style="text-align: center;">Award 1-3 marks</p> <p>Demonstrates the use of at least one complex and at least one other (either basic, medium or complex) cooking technique for one food outcome.</p> <ul style="list-style-type: none">• limited accuracy with timing (including contingency plans)• limited accuracy food hygiene and safety• limited accuracy with use of sequencing. |
| Band 0 | <p style="text-align: center;">Award 0 marks</p> <p>Not credit worthy or not attempted.</p> |

(e) production of the food outcomes

[10 marks]

| | |
|---------------|--|
| | <p style="text-align: center;">Award 9-10 marks</p> <p>Band 5 Candidate has worked independently in an extremely competent and confident manner. The food production plan has been followed correctly, and all tasks have been completed in the time available. Excellent use made of at least three different cooking methods, including the use of the hob and oven. Excellent demonstration of knowledge in relation to cooking times and being able to make adjustments in practice as required.</p> <p>Organisational skills are excellent.</p> |
| Band 4 | <p style="text-align: center;">Award 7-8 marks</p> <p>Candidate has worked mostly independently with minimal assistance. The food production plan has been largely followed, and most tasks have been completed in the time available. Very good use made of at least two different cooking methods. Very good demonstration of knowledge in relation to cooking times with minor adjustments as required.</p> <p>Organisational skills are very good.</p> |
| Band 3 | <p style="text-align: center;">Award 5-6 marks</p> <p>Candidate has worked in a safe and organised manner throughout with some assistance required. The food production plan has been followed, but there may have been some changes to the order of tasks, or the candidate has finished slightly over time. Good use of different cooking methods. Good demonstration of knowledge in relation to cooking times, although some adjustments were required.</p> <p>Organisational skills are good.</p> |

| | | | |
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| | Award 3-4 marks | | |
| Band 2 | <p>Candidate has worked with moderate assistance and has shown some organisational skills. The food production plan has been partially followed, with noticeable changes to the order of tasks or the candidate has finished over time. Basic use of different cooking methods. Basic demonstration of knowledge in relation to cooking times, with several adjustments required.</p> <p>Organisational skills are basic.</p> | | |
| Band 1 | Award 1-2 marks | | |
| | <p>The work has been carried out with limited organisational skills. The order of work has not been followed, and frequent assistance may have been required. Use of different cooking methods is evident but with limited competency. Some reliance on pre-prepared or pre-made ingredients.</p> <p>Organisational skills are limited.</p> | | |
| Band 0 | Award 0 marks | | |
| | <p>Not credit worthy or not attempted.</p> | | |
| (f) evidence of tasting and seasoning [3 marks] | | | |
| Award 1 mark | Award 2 marks | Award 3 marks | No more than 3 marks available for (f) |
| <p>A basic demonstration of the following:</p> <ul style="list-style-type: none"> • Tasting to check on required flavour • Use of suitable seasoning in some food outcomes. | <p>A good demonstration of the following:</p> <ul style="list-style-type: none"> • Tasting of most food outcomes to check on flavour • Use of suitable seasoning in most food outcomes. | <p>An excellent demonstration of the following:</p> <ul style="list-style-type: none"> • Tasting of all food outcomes to check on flavour and quality • Use of suitable seasoning in all food outcomes. | |

(g) presentation of final food outcomes and accompaniments, as appropriate

[6 marks]

| | |
|---------------|--|
| | <p style="text-align: center;">Award 5-6 marks</p> <p>An excellent demonstration of presenting all food outcomes to a very high standard:</p> <ul style="list-style-type: none">• An extensive range of colours evident within the food outcomes• Garnishing is highly appropriate for the food outcomes• Garnishes are varied across the food outcomes• Garnishes are skillfully produced• Food styling has been used to aid presentation• Excellent portion control is evident. |
| Band 2 | <p style="text-align: center;">Award 3-4 marks</p> <p>A good demonstration of presenting most food outcomes to a high standard:</p> <ul style="list-style-type: none">• A good variety of colors may be evident within the food outcomes• Garnishing is appropriate for most food outcomes• Garnishes are mostly varied across the food outcomes• Garnishes are mostly skillfully produced• Food styling has been used to aid presentation of some of the outcomes• Some knowledge of portion control is evident. |
| Band 1 | <p style="text-align: center;">Award 1-2 marks</p> <p>A basic demonstration of presenting some food outcomes to an acceptable standard:</p> <ul style="list-style-type: none">• Some variety of colours within the food outcomes• Garnishing is appropriate for some of the food outcomes• Garnishes have limited variety across the food outcomes• Garnishes have been produced with some skill• Use of food styling is limited• Limited knowledge of portion control. |

Task 4

Evaluate the factors which contributed to the success of the food outcomes:

Candidates will be expected to evaluate their work under the following headings:

- recipe selection – suitability for audience and purpose
- use of ingredients and quantities
- preparation and cooking techniques used
- time management
- health, safety and hygiene
- nutritional benefits
- success of adaptations
- presenting and serving
- tasting (using sensory descriptors)

| Band | AO3 |
|------|---|
| 5 | <p>Award 9-10 marks</p> <p>The candidate has made excellent reference to the suitability of the food outcomes in relation to the chosen brief with an excellent discussion on the choice of ingredients and quantities used, with detailed suggestions made as to the nutritional benefits of the food outcomes in relation to the suitability for the audience and purpose.</p> <p>The candidate has evaluated the technical skills selected and demonstrated in relation to the chosen food outcomes to an excellent standard.</p> <p>The candidate has commented in detail on time management, health, safety, and hygiene throughout the practical session to an excellent standard.</p> <p>The food outcomes were evaluated using sensory descriptors to an excellent standard considering taste, texture, appearance, aroma, presentation, and serving of the completed food outcomes.</p> <p>The candidate has commented to an excellent standard on the success of adaptations made during the practical session and highly realistic suggestions have been made on how to improve and modify the work.</p> |

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|---|---|
| | Award 7-8 marks |
| 4 | <p>The candidate has made very good reference to the suitability of the food outcomes in relation to the chosen brief with a very good discussion on the choice of ingredients and quantities used, with clear suggestions made as to the nutritional benefits of the food outcomes in relation to the suitability for the audience and purpose.</p> <p>The candidate has evaluated the technical skills selected and demonstrated in relation to the chosen food outcomes to a very good standard.</p> <p>The candidate has commented clearly on time management, health, safety, and hygiene throughout the practical session to a very good standard.</p> <p>The food outcomes were evaluated using sensory descriptors to a very good standard considering taste, texture, appearance, aroma, presentation, and serving of the completed food outcomes.</p> <p>The candidate has commented to a very good standard on the success of adaptations made during the practical session and realistic suggestions have been made on how to improve and modify the work.</p> |
| 3 | <p style="text-align: center;">Award 5-6 marks</p> <p>The candidate has made good reference to the suitability of the food outcomes in relation to the chosen brief with a good discussion on the choice of ingredients and quantities used, with some suggestions made as to the nutritional benefits of the food outcomes in relation to the suitability for the audience and purpose.</p> <p>The candidate has evaluated the technical skills selected and demonstrated in relation to the chosen food outcomes to a good standard.</p> <p>The candidate has commented adequately on time management, health, safety, and hygiene throughout the practical session to a good standard.</p> <p>The food outcomes were evaluated using sensory descriptors to a good standard considering taste, texture, appearance, aroma, presentation, and serving of the completed food outcomes.</p> <p>The candidate has commented to a good standard on the success of adaptations made during the practical session and some realistic suggestions have been made on how to improve and modify the work.</p> |

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|---|---|
| | Award 3-4 marks |
| 2 | <p>The candidate has made basic reference to the suitability of the food outcomes in relation to the chosen brief with a basic discussion on the choice of ingredients and quantities used, with basic suggestions made as to the nutritional benefits of the food outcomes in relation to the suitability for the audience and purpose.</p> <p>The candidate has evaluated the technical skills selected and demonstrated in relation to the chosen food outcomes to a basic standard.</p> <p>The candidate has commented minimally on time management, health, safety, and hygiene throughout the practical session to a basic standard.</p> <p>The food outcomes were evaluated using sensory descriptors to a basic standard considering taste, texture, appearance, aroma, presentation, and serving of the completed food outcomes.</p> <p>The candidate has commented to a basic standard on the success of adaptations made during the practical session with limited, realistic suggestions on how to improve and modify the work.</p> |
| 1 | <p style="text-align: center;">Award 1-2 marks</p> <p>The candidate has made limited reference to the suitability of the food outcomes in relation to the chosen brief with a limited discussion on the choice of ingredients and quantities used, with minimal suggestions made as to the nutritional benefits of the food outcomes in relation to the suitability for the audience and purpose.</p> <p>The candidate has evaluated the technical skills selected and demonstrated in relation to the chosen food outcomes to a limited standard.</p> <p>The candidate has commented superficially on time management, health, safety, and hygiene throughout the practical session to a limited standard.</p> <p>The food outcomes were evaluated using sensory descriptors to a limited standard considering taste, texture, appearance, aroma, presentation, and serving of the completed food outcomes.</p> <p>The candidate has commented to a limited standard on the success of adaptations made during the practical session and no realistic suggestions have been made on how to improve and modify the work.</p> |

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| 0 | <p>Award 0 marks</p> <p>Not credit worthy or not attempted.</p> |
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SAMPLE

Appendices

Appendix A – Information for candidates

Levels of complexity of techniques

*Basic *, medium **, complex ****

Ready-made or prepared components used in the preparation and cooking of food outcomes are all classed as basic.

| Preparation techniques: | Knife techniques: | Cooking techniques: |
|---|---|---|
| <ul style="list-style-type: none">• blending*• beating*• creaming**• crimping***• dehydrating**• folding**• grating*• hydrating*• juicing*• kneading**• laminating (pastry)***• marinating*• mashing*• measuring**• melting*• melting using bain-marie***• mixing**• piping***• proving*• puréeing** | <ul style="list-style-type: none">• bâton**• brunoise***• chiffonade**• chopping*• deboning***• deseeding**• dicing**• filleting***• julienne***• mincing***• peeling*• segmenting***• slicing**• spatchcock**• trimming* | <ul style="list-style-type: none">• basting*• baking**• baking blind***• blanching**• boiling*• braising**• caramelising***• chilling*• cooling*• deep fat frying***• deglazing**• dehydrating*• emulsifying***• foaming ***• freezing*• frying**• griddling**• grilling*• pickling**• poaching*** |

- | | | |
|---|--|---|
| <ul style="list-style-type: none">• rolling **• rub-in**• shaping***• shredding*• sieving*• skinning**• tenderising*• toasting(nuts or seeds) **• weighing**• whisking(aeration)***• zesting* | | <ul style="list-style-type: none">• reduction**• roasting**• sautéing**• setting**• skimming*• steaming**• stir-frying**• tempering***• toasting*• water-bath (sous-vide) ** |
|---|--|---|

Candidate Declaration Form

You must complete Part A and Part B of this form

| | | | | | | | | | |
|---------------|--|--|--|--|--|--|--|-----------------|--|
| Centre No: | | | | | | | | Centre Name: | |
| Candidate No: | | | | | | | | Candidate Name: | |
| Unit Title: | | | | | | | | | |

Part A: Candidate Declaration

References: Give details of the exact source of any non-original material used in the assignment.

List of software packages/AI tools/chatbots¹:
Give brief details of how these have been used in the assignment.

Authentication Declaration

I declare that my work was completed independently and without any assistance beyond that which was permitted. All work is my own, except for any non-original material clearly credited above. This work has not been submitted for any other qualification. I have clearly referenced any sources and any Artificial Intelligence tools used in the work. I understand that false declaration is a form of malpractice.

Candidate Signature:

Date:

¹ Where you have used AI tools as a source of information, you must show the name of the AI source used and the date the content was generated. For example: ChatGPT 3.5 (<https://openai.com/blog/chatgpt/>), 25/01/2023. You must retain a copy of the question(s) and computer-generated content for reference and authentication purposes, in a noneditable format (such as a screenshot) and provide a brief explanation of how it has been used. This must be submitted with your work, so your teacher/assessor is able to review the work, the AI-generated content and how it has been used.

End of Candidate Assessment Pack