

General Certificate of Secondary Education

Home Economics: Food and Nutrition 45852

Unit 2 Food and Nutrition in Practice

For certification in 2011 and 2012

Controlled Assessment Task

Individual Investigation (18 hours)

Candidates should submit **one** of the following tasks for the Individual Investigation. For further information on the Individual Investigation you should refer to section 3.6.1 of the specification (page 18).

1. Investigate the recent changes to the food-based standards for school meals. Plan and make a range of meals for primary school children which meet the new guidelines. Consider the need for safe food procedures when preparing school meals.
2. Investigate **one** major health problem associated with **either** excessive nutrient intake **or** inadequate nutrient intake. Plan and make a range of interesting dishes that would be suitable for someone with this health problem.
3. Investigate the scientific principles involved during the cooking of starchy foods. Plan and make a selection of dishes to demonstrate the changes which take place when heat is applied to starchy foods.
4. Investigate a range of food preparation and cooking equipment that can be used to save time and energy when preparing and cooking food. Plan and make a selection of dishes to support your investigation.
5. An elderly single person has a limited income to spend on food. Investigate their dietary needs and plan nutritious main meals for a week that would be within his/her budget. Make a selection of the meals you have planned.
6. Investigate the increase in non-meat eaters over the past twenty years and analyse the nutritional adequacy of different types of vegetarian diets. Plan and make a range of interesting non-meat meals that would satisfy the nutritional requirements of a teenage girl.
7. Changing lifestyles in recent years have affected the eating habits and meal patterns of the modern family. Investigate the causes of these changes and plan and make a selection of quick healthy meals that would be suitable for a busy family.
8. Investigate the influence of advertising and media on our food choice. Plan and make a selection of dishes to support your findings.

Research Task (6-8 hours)

Candidates should submit **one** of the following tasks for the Research Task. For further information on the Research Task you should refer to section 3.6.1 of the specification (page 18).

1. Research low-sugar snack foods that would be suitable for nursery school children. Carry out practical work to support your findings.
2. Research the role of fruit and vegetables in the diet. Using fruit or vegetables make a dish and carry out a comparative analysis with a ready-made equivalent.
3. Research the social factors that influence the traditional British diet. Carry out practical work to support your findings.
4. Research a range of cooking methods that would improve the palatability and nutritive value of a food of your choice. Carry out practical work to support your findings.
5. Research a range of healthy, quick and easy to prepare meals suitable for a student living away from home. Carry out practical work to support your findings.
6. Research the use of food additives in convenience foods. Using a convenience food of your choice, carry out a comparative analysis with a home-made equivalent.