

## Food Preparation and Nutrition first award summer 2018

### Guidance for centres: Component 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 plan your chosen task; create a plan of action, propose a hypothesis, or an educated guess of what you predict the outcome will be. [5]

Section (b) Investigate the **working characteristics\*** and the **functional\*** and **chemical\*** properties of **ingredients\*** through **practical experimentation\***. Use findings to achieve a **particular result\***. **Photographic evidence is essential.** [15]

Section (c) Analyse and evaluate the task; analyse the data and results, compare and draw conclusions from the results you have collected. Explain whether your prediction was proven and document the reasons for the success or failure of the investigation. [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.