



GCSE

C560U20-1B



SUMMER 2024

FOOD PREPARATION AND NUTRITION

Component 2: Food Preparation and Nutrition in Action

Non-Examination Assessment 2024

Assessment 2: The Food Preparation Assessment

To be opened by centres after **1 November 2023**.

Candidates may be issued this assessment anytime from the date of opening.

Candidates will be allowed 12 recommended assessment hours to carry out all three sections of this assessment, allocated at the discretion of the centre.

The final practical session **must** be **one session of no longer than 3 hours**. All **three** dishes and any accompaniments must be prepared, cooked and presented within this **3 hour** session.

Answer **one** of either Task A or Task B.

Task A

We are advised to increase the amount of dietary fibre (NSP) we have in our diet.

Research, prepare and cook **3** dishes (and accompaniments, if appropriate) that showcase your technical skills and demonstrate how dietary fibre (NSP) intake can be increased in a modern daily diet.

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

Task B

Many international hotels serve breakfast throughout the morning. The food served is usually very varied and reflects many different cultures.

Research, prepare and cook **3** dishes (and accompaniments, if appropriate) that showcase your technical skills and would meet the requirements of a modern, international breakfast menu.

This assessment must be supported by investigational work – refer to guidelines 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) A4 or equivalent A3 (Comic Sans, font size 12), including 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) Interpret and investigate your chosen option. Research, trial and select a range of dishes which will form part of a menu, justify your choice in relation to the chosen assessment and plan a dovetailed order of work to include health and safety points. [15]
- Section (b) Showcase your technical skills. Demonstrate a wide range of technical skills and health and safety procedures when preparing, cooking and presenting your chosen selection of dishes. **Photographic evidence of the completed dishes is essential.** [45]
- Section (c) Evaluate your completed practical assessment and food outcomes. [10]

Reference should be made to: the acceptability of the chosen dishes in relation to the assessment, the technical skills selected and demonstrated, and sensory properties; consider the taste, texture, aroma and appearance. Presentation and food styling of the completed dishes must also be considered.

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).