

## Y11 Food Technology Homework: Term 1

**The following homework must be completed by all students:**

Week	Homework	Homework Type <i>(Preparatory, Consolidation, Learning)</i>	Tick when completed
1. Wednesday 5 <sup>th</sup> September until Monday 10 <sup>th</sup> September	Choose NEA 1 Task	Preparatory	
2. Monday 10 <sup>th</sup> until Monday 17 <sup>th</sup> Sept	<b>Practice Exam Questions:</b> Functions of Ingredients and Special Diets	Preparatory	
3. Monday 17 <sup>th</sup> until Monday 24 <sup>th</sup> Sept	<b>Practice Exam Questions:</b> Nutrients	Preparatory	
4. Monday 24 <sup>th</sup> until Monday 1 <sup>st</sup> October	Functions of Ingredients Mind-map	Consolidation	
5. Monday 1 <sup>st</sup> October until Monday 8 <sup>th</sup> October	<b>Practice Exam Questions:</b> Protein	Preparatory	
6. Monday 8 <sup>th</sup> October until Monday 15 <sup>th</sup> October	<b>Practice Exam Questions:</b> Functions of Ingredients for Sponge Cake	Preparatory	
7. Monday 15 <sup>th</sup> October until Monday 29 <sup>th</sup> October	The Eatwell Guide Project	Learning	

# Week

# Homework

1. Wednesday 11<sup>th</sup> September until Monday 10<sup>th</sup> September

## Choose NEA 1 Task.

1. Read through both of the tasks carefully and choose one to use for NEA 1. Remember to highlight any key words and learn what they mean.

2. Eduqas Digital: use the link below and enter the correct login details:

Eduqas Digital:

[www.illuminate.digital/eduqasfood](http://www.illuminate.digital/eduqasfood)

Username:

Login:

Read pages **386-395** to find out more information about NEA 1. This section tells you what to include, how to layout your work, and what subtitles and heading to use. There is also an example of a completed NEA 1 task for you to look at.

**SECTION 4 ASSESSMENT**

**PART TWO NON-EXAMINATION ASSESSMENTS (NEAs)**

**What will I learn?**

- The percentage breakdowns and mark allocation for each NEA
- The recommended time allocated to each NEA and how much writing is involved
- How to approach each NEA. We give you:
  - examples and pointers for each section
  - lots of tips and advice in order to do well!

There are two non-examination assessments (called NEAs) which you have to complete in your final year of the course. These are:

- Assessment 1: The Food Investigation Assessment
- Assessment 2: The Food Preparation Assessment

Each one will open the discussion and we will give you some pointers on how to be successful, together with some annotated examples to give you guidance.

**Assessment 1: The Food Investigation Assessment**

The design specification says: This is a scientific food investigation which will assess your knowledge, skills and understanding in relation to scientific principles underlying the preparation and cooking of food.

This means that: you will be asked to do a practical food science investigation and write up your findings. Your teacher will have been preparing you for this assessment since the beginning of the course so you will be familiar with how to conduct a food science based investigation.

**How does this assessment work?**

Your teacher will give you a written brief and you will have a fixed amount of time to do this task in class. It is a formal assessment so once you start you will not be allowed any help. There is a recommended amount of time to complete this assessment. It is 8 hours. Some key points for this assessment are as follows:

**The Food Investigation Assessment (15% of the qualification)**

Recommended time for this assessment	8 hours
Recommended time for this assessment	1,500 - 2,000 words (plus any charts, graphs and photographs)
Page guidance	4-6 pages when typed with short gaps of 1.5-2
	Documents over 2,000 words are not permitted
	Your work can be presented in electronic or hard copy

**SECTION 4 THE FOOD INVESTIGATION ASSESSMENT**

There are three sections to the Food Investigation Assessment, and they are as follows:

<b>Section A (AC1)</b>	<b>Research and plan the task</b> (maximum 3 marks)
This is where you are expected to: <ul style="list-style-type: none"><li>use a range of relevant sources to research the task</li><li>create a plan of action</li><li>predict an outcome</li></ul>	
<b>Section B (AC2)</b>	<b>Investigate the working characteristics, function and chemical properties of ingredients through practical experimentation and use the findings to achieve a particular result</b> (maximum 15 marks)
This is where you are expected to: <ul style="list-style-type: none"><li>demonstrate your ability to measure and make improvements to the investigation by amending the ingredients to include the most appropriate ingredients, process and cooking method</li><li>demonstrate your understanding of the working characteristics and functional and chemical properties of the ingredients selected</li><li>record the outcomes of your investigation, the modification and adjustments made during the preparation and cooking process and the sensory preference tests carried out to formulate the results</li></ul>	
<b>Section C (AC4)</b>	<b>Analyse and evaluate the task</b> (maximum 10 marks)
This is where you are expected to: <ul style="list-style-type: none"><li>analyse the data and results collected, draw conclusions</li><li>justify findings, the reasons for the success or failure of the ingredients selected to trial</li><li>evaluate the hypothesis and confirm if the prediction was proven</li></ul>	

**Tips before you start**

If you follow these guidelines then you should produce a successful food investigation:

- Approach this task like a science experiment. It will help you get to the right answer of mind.
- Spent time deciding on your hypothesis - once you have decided on it, make sure your writing is clear when you write it up. Your hypothesis forms the basis of the relevant task so give it lots of thought and test it out clearly.
- When you do your practical work make sure that you only change one thing at a time. It could be a specific ingredient such as changing from flour to self-raising flour, or it could be a method such as switching from the creaming method to the all-in-one method of cake making. By only changing one part of the process each time, you are making sure the test is fair.
- Make sure you have a control recipe and method - you can then compare your results against this control.
- If you are in any doubt about your results, there is nothing wrong - providing you have time and resources - in deciding to repeat an experiment.
- Make sure that you record your method and results - it's easy to forget what happened if the experiments are not written up straight away.
- Be very precise with weighing, measuring and timing. Sloppy work will affect your results.
- Think about what sensory testing methods you will use, do this before you start to do your experiments and make sure you have sheets that your reviewers can fill in with. These sheets can then be converted into tables or graphs.

**Assessment criteria used**

The assessment criteria are listed in the specification. Make sure you are familiar with them. Within each Section (in that it is Section A, Section B and Section C) there are bands - so you need to read each banding criteria for each section to work out which band your work fits into best. If you want to find out how exactly you will be assessed take a look at the specification.

L: Lifeline- facts about the topic you are studying

<p>2. Monday 10<sup>th</sup> until Monday 17<sup>th</sup> Sept</p>	<p><b>Practice Exam Questions: Functions of Ingredients and Special Diets</b>  You must collect a revision booklet from Mrs Alm for this homework.</p> <ol style="list-style-type: none"> <li>1. In the booklet produce a mind-map about 'Special Diets.' Read <b>p58-p61</b> of the online Eduqas Digital to help you.</li> <li>2. Answer the exam questions. Remember to read the questions carefully and highlight key Words. Remember to <b>PEE: Get to the Point, explain why, and give examples.</b></li> <li>3. Check your answers using the answer pages. You must use green pen to change or add to your original answers.</li> </ol>
<p>3. Monday 17<sup>th</sup> until Monday 24<sup>th</sup> Sept</p>	<p><b>Practice Exam Questions: Nutrients</b>  You must collect a revision booklet from Mrs Alm for this homework.</p> <ol style="list-style-type: none"> <li>1. Research what 'fat soluble' and 'water soluble' vitamins are. Explain what they are in the revision booklet. To help you, read <b>p26-p31</b> of the online Eduqas Digital and/or watch <a href="https://www.youtube.com/watch?v=ISZLTJH5IYg">https://www.youtube.com/watch?v=ISZLTJH5IYg</a></li> <li>2. Answer the exam questions. Remember to read the questions carefully and highlight key Words. Remember to <b>PEE: Get to the Point, explain why, and give examples.</b></li> <li>3. Check your answers using the answer pages. You must use green pen to change or add to your original answers.</li> </ol>
<p>4. Monday 24<sup>th</sup> until Monday 1<sup>st</sup> October</p>	<p><b>Functions of Ingredients: Mind-map</b>  On A4 or A3 paper, mind-map the functions of the following ingredients:  <b>Butter; Sugar; Eggs; Flour</b>  Your mind-map must be colourful, clear and use correct terminology e.g., eggs can be used to BIND dry ingredients together. Eggs can be used to GLAZE pastry to give a golden finish.  Read <b>p72-p80</b> of the online Eduqas Digital to help you.</p> <p><b>Videos:</b>  Sugar: <a href="https://www.youtube.com/watch?v=jKFILK2ktTk">https://www.youtube.com/watch?v=jKFILK2ktTk</a>  Flour: <a href="https://www.youtube.com/watch?v=OoCqGDn1Daw">https://www.youtube.com/watch?v=OoCqGDn1Daw</a>  Eggs: <a href="https://www.youtube.com/watch?v=N4UOxLGnFfY">https://www.youtube.com/watch?v=N4UOxLGnFfY</a></p>

<p>5. Monday 1<sup>st</sup> October until Monday 8<sup>th</sup> October</p>	<p><b>Practice Exam Questions: Protein</b>  You must collect a revision booklet from Mrs Alm for this homework.</p> <p>1. Read <b>p18-p21</b> of the online Eduqas Digital to revise protein and watch the following videos:  <a href="https://www.youtube.com/watch?v=Q2FwLSSXZFY">https://www.youtube.com/watch?v=Q2FwLSSXZFY</a>  <a href="https://www.youtube.com/watch?v=NbLdAho694A">https://www.youtube.com/watch?v=NbLdAho694A</a></p> <p>2. Answer the exam questions. Remember to read the questions carefully and highlight key Words. Remember to <b>PEE: Get to the Point, explain why, and give examples.</b></p> <p>2. Check your answers using the answer pages. You must use green pen to change or add to your original answers.</p>
<p>6. Monday 8<sup>th</sup> October until Monday 15<sup>th</sup> October</p>	<p><b>Practice Exam Questions: Functions of Ingredients for Sponge Cake</b>  You must collect a revision booklet from Mrs Alm for this homework.</p> <p>1. In the booklet produce a mind-map about the 'Functions of Ingredients' used in sponge cake.</p> <p>2. Answer the exam questions. Remember to read the questions carefully and highlight key Words. Remember to <b>PEE: Get to the Point, explain why, and give examples.</b></p> <p>3. Check your answers using the answer pages. You must use green pen to change or add to your original answers.</p>
<p>7. Monday 15<sup>th</sup> October until Monday 29<sup>th</sup> October</p>	<p><b>The Eatwell Guide Project</b>  You need to research and explain:</p> <ol style="list-style-type: none"> <li>1. What the 'Eatwell Guide' is.</li> <li>2. Identify the 5 different food groups and give examples of foods from each food group.</li> <li>3. Identify the key nutrients and their nutritional benefits in each food group, e.g. <i>Dairy and Alternative food group contains foods high in calcium. Calcium is needed for strong bones and teeth. Dairy products also contain...</i></li> <li>4. Explain and give examples of dairy alternative and protein alternative foods</li> <li>5. Why have 'alternative foods' been included in the Eatwell guide?</li> </ol>

6. What other information is displayed on the 'Eatwell Guide' and why is it important?
7. When should the Eatwell Guide be used and who has it been designed for?
8. How will you use the 'Eatwell Guide' in Food Preparation and Nutrition?
9. Suggest ways that the 'Eatwell Guide' could be further improved.

You can present this as a PPT presentation, Word Document or as a creative A3 information board. You can also include a collage of the Eatwell guide by using food images from magazines.

**Resources:**

Videos:

<https://www.youtube.com/watch?v=TfGhHzgr04Y>

<https://www.youtube.com/watch?v=61Lelea02ao>

<https://www.youtube.com/watch?v=TPi3KPRXJGA>

<https://www.youtube.com/watch?v=ilp3wvAFGYE>

<https://www.youtube.com/watch?v=4puRnrqA0vI>

Websites:

<https://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating/healthy-eating-toolkit/eatwell-plate>

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>