

CBA 2: FOOD LITERACY SKILLS

SAMPLE 2: SUSTAINABLE PRACTICE

See [link](#) to Food literacy skills Assignment Briefs 2021

FEATURES OF QUALITY FOR CLASSROOM-BASED ASSESSMENT 2

See Junior Cycle Home Economics:
[Guidelines for the Classroom-Based Assessments](#)

Sample of work

1. Sustainability task

Sustainable and responsible living involves making choices and developing practices that are eco-friendly.

Carry out research on **sustainable practices** in the **selection** and **management of food**.

Demonstrate your **culinary and creative skills** by **preparing, cooking and serving a nutritious lunch**. Prepare and serve a **suitable accompaniment**. Dishes should **illustrate sustainable practices you have researched**.

Complete a written evaluation and refer to: the finished dishes, how you met the criteria set out in the brief and your overall performance in the food literacy skills examination.

1

Factors to consider

- **Food choices:** I must meet the brief and try keep everything I buy sustainable. I will buy everything local and all my vegetables will be used from mine or my granny's garden. If I am using meat I will look for the Bord Bia sticker so I know it was produced in Ireland. I must be cautious that any product I buy from the shop must have recyclable packaging.
- **Cost:** I must keep a strict list and budget when buying food as I don't want to have extras and have food waste
- **Skill:** While doing my dish, I must showcase as many of my skills I have learned over the three years.

2



Sample of work

What is sustainability?

- **Sustainability**, in my opinion, means living responsibly and sufficiently to protect future generations and our planet. Sustainable living and eating involves reducing your carbon footprint by growing your own food in gardens and shopping locally, eating none or little meat to stop methane gases being released into the atmosphere and stopping food waste, another major polluter to the environment.
- **Food waste**, to me, means leftover food that could be used, are being thrown in the bin and brought to landfills, where they release large amounts of methane gases which is contributing to global warming. All this waste could be resolved if people portion size correctly, buy only what they need, freeze leftovers and make new dishes from leftovers.

3

Sources of Information

Interview:

I decided to interview my granny as she is a huge inspiration to me on being sustainable and playing her part in protecting the environment. She has a huge garden, way bigger than mine, filled with all kinds of fruit and vegetables that she uses everyday to make her vegetarian meals. Anytime I've had dinner with her, you wouldn't even notice the veggie swap as it would taste just as good as meat, if not better. She also has a huge compost box which she uses to make her own fertilizer, without using any chemicals that can damage the environment. Everyday she is reducing her carbon footprint and still making delicious meals at the same time. I wanted some advice for cooking vegetarian and keeping sustainable so here are some of the information I got.

4



Sample of work

Question & Answers from interview

1. I asked her about food waste and how we can avoid it, as it affects the environment and produces a lot of methane gas.

She responded with 'Food waste is something all families struggle with- E.g Too much food cooked, too much food bought in the shop or just laziness to use up leftovers. There are a few ways I keep on top of my waste. When I'm shopping I make a list of the things I need and always stick to it. I also only bring the amount of money I need, like a budget so there is no way of me buying extra. If there ever is leftovers after a meal that's perfect too. Figure out ways to utilize scraps: I just store it in a container and use it the next day or turn it into something completely new. Or baking a cake and you only need the yolk, instead of throwing away the whites, use it to make a meringue. Finally get a compost bin so any peels or seeds can be disposed in a natural way and be used as a good fertilizer.'

5

Interview contd...

2. I asked her how to cook sustainably to increase my knowledge of how to perform in the kitchen and still be eco friendly.

' Shopping locally is very important when trying to stay sustainable. I always use the food from my garden and give it to my friends as well because it's reducing our carbon footprint. However not everyone has the space for a garden so shopping at your local farmers market is just as good. Try to use less meat in the kitchen and instead swap it for vegetables. They are healthier and better for the environment and overall I think they taste better too. Eat seasonally. Purchasing and cooking food that's in season allows for natural, sustainable eating. And finally reduce food waste. By following these simple methods in the kitchen you will be more sustainable and save money, a better environment and a happier purse!'

6

Sample of work

Interview contd...

3. Finally I asked her for some information on what makes a good vegetarian cook to improve my knowledge and skills on the meal I'm going to cook without using meat.

'When I turned vegetarian I thought I was going to struggle with meal ideas and get bored of eating vegetables. But now I've learned that with the right seasoning and good recipes you can outdo the meat version of any dish. Your bean burger recipe sounds delicious. When cooking vegetarian meals a lot of the time it's soft foods so it's good to add something chewy/crunchy so you don't get bored and as a result you will feel fuller, as it takes more time and effort to eat. When making the wholemeal bun I would advise to add seeds on top for that extra crunch. Definitely add the breadcrumbs to the burger because that will make it more chewy and have more texture. When cooking vegetarian dishes, it's always important to build a balanced meal and include protein and fiber where possible. Protein is always the hardest to include as you don't have meat, but the beans are a perfect example of a vegetarian option of protein. They are healthier and will keep you fuller for longer. Finally to make the perfect dish, combine flavours and textures. Excite your plate by mixing wonderful flavors, textures and colors. Your coleslaw would provide a delicious combination of flavors and crunchy texture and excite the eyes with the colors.'

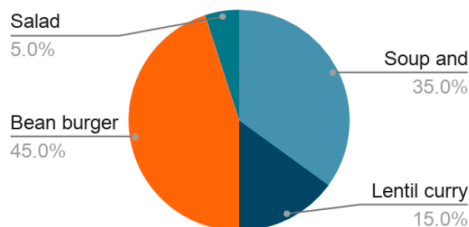
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Class Survey

Survey: I wanted to investigate people's opinions on my chosen dishes and see which one was most popular. The results were as follows:

From the pie chart completed, I can clearly see that the bean burger is the most popular. This gave me the information I needed to make my final decision.

Meal Preference



8

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Evidence/summary of research carried out

A website I found helpful when researching on sustainability:

<https://stopfoodwaste.ie/> : This website has a lot of interesting facts about how we can reduce food waste in order to be more sustainable. For example: "Having a stash of lunch boxes and reusable containers at home is super handy and makes it easier to properly store leftovers in the fridge. When planning your meals use portion planners which will help you buy the right amount at the start. Try to measure out your food portions."

Information like this guided me in a sustainable way and gave good tips on reducing food waste that will impress the examiner.

9

Evidence/summary of research

- The evidence of the pie chart results showed the popular choice out of my four lunch ideas and helped me make a final decision.
- The interview with my granny was the best source of information as I felt I really benefited from listening to my granny's tips on a sustainable and vegetarian lifestyle. She really inspires me and I also secured her permission to use her fruit and vegetables for my exam as there is plenty to go around. Overall, I learned from her that food waste is a common occurrence in busy households. However binning these leftovers is not the option. Instead store it in the fridge/freezer and reheat it another time or make a completely new dish. She also told me about cooking sustainably and shopping locally and how it'll save you money. Finally, she talked about the vegetarian lifestyle which really inspired me to eat less meat. Making a vegetarian lunch has made me realise the creativeness and tasty side of being vegetarian as I always thought the food would be bland.

10

Sample of work

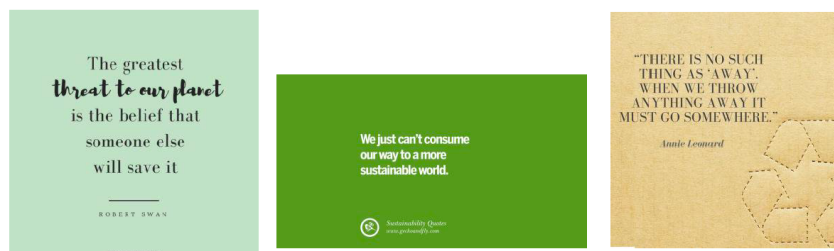
Inspiration from pinterest



11

Evidence of research carried out from Pinterest

<https://www.pinterest.com/> Pinterest really helped me in planning out my final dish but also understand the seriousness of global warming and how important sustainability is. Here are some of the quotes/pictures that stood out to me the most:





12


Sample of work

Possible Solutions

Soup and scones
curry with rice









Possible solutions

Bean burger
potato wedges



Large



13

Idea 1 : Chicken and Vegetable soup and wholemeal scones.

- I can use vegetables from my granny's garden, reducing my carbon footprint.
- I can use a leftover chicken carcass for the stock instead of throwing it away. (Zero food waste)
- I can make soup in one pot. (Energy efficient kitchen)
- Wholemeal scones are full of fibre and are soup is a healthy and nutritious lunch.

Chicken and vegetable soup
& Wholemeal scones

Apple

Glass of milk

14

Sample of work

Presentation ideas for: idea 1...

For the presentation of my soup and scones, I would have a white bowl for my soup and a side plate underneath to perch my scones on the edge. I would add a dollop of natural yoghurt on top with a leaf of parsley to appeal to the examiners eyes and taste buds. It would look something like this:



15

Idea 2: Bean Burger with potato wedges and coleslaw

- It is a healthy, balanced lunch.
- I am not using meat (being more sustainable and vegetarian friendly). Beans are a healthier substitute to meat as they are lower in fat to help reduce obesity. They keep you full for longer due to the fibre and protein in them.
- I can use my granny's potatoes for the wedges for carbohydrate source (Reducing my carbon footprint). I will make a whole grain bun as it is healthier and has more fibre than white. Overall the meal is balanced.
- I can use leftover/stale bread to make breadcrumbs for my burger. I can use the leftover tomato (slice on the burger) to make a sauce for my burger. (No food waste)

Bean burger with potato
wedges and coleslaw

Yogurt

Glass of water

16

Sample of work

Presentation ideas for: idea 2...

For the presentation of my bean burger, potato wedges and coleslaw, I would have a large plate so the accompaniments don't look overcrowded around the burger. I would make sure they're not touching off each other and all look well spaced out. I would put a stick through my burger so it all doesn't fall apart and maybe have a pot for the chips. It would look something like this:



17

Inspiration for my chosen meal:



18

Sample of work

Recipe ideas

Here are the links to the recipes I am planning to use besides my family recipes and preference:

<https://sallysbakingaddiction.com/best-black-bean-burgers/>

<https://aseasyasapplepie.com/whole-wheat-burger-buns/>

<https://boulderlocavore.com/the-best-homemade-ketchup/>

<https://www.healthyseasonalrecipes.com/skinny-classic-coleslaw/>

19

Feedback I received

Student 1: I would go with the burger because it will show off the most skills and soup won't take you very long. I would definitely advise you to do a wholemeal bun as it is healthier and will appeal to the examiner that you are always adding ways to be more sustainable.

Student 2: The soup would be a good option for using one pot, however you will still need the oven for the scones so I think the burger is a better option for showing sustainability and skill. I love how you changed it to a bean burger rather than using meat as using less meat is a main factor for succeeding in sustainability.

Student 3: Both ideas sound great just make sure you don't have any waste leftover in your bin and I love the idea of using the leftover tomato for sauce, it shows you've put a lot of thought into your idea. The burger showcases many great skills we learned but make sure you've left enough time for cleaning up at the end. The wholemeal burger sounds great!

Teacher: I love the bean burger idea! It's a perfect nutritional meal idea. Red pickled onions are trending at the minute so you could put some on your burger to show off even more skills. The stale bread for breadcrumbs is a great addition to your burger. You should add a free range egg to bind your burger mixture together.

20

Sample of work

Summarise Feedback

The first feedback I received was from my classmates. We gathered into small groups and shared our ideas. I went in a group of three people and even though we all had different tasks, we each gave our opinions and advice. To summarise the feedback I received from my classmates would be:

The bean burger sounds like the best idea, that was everyone's favorite. They said it would show off the most skills and would allow me to impress the examiner with my abilities. They said to make sure you have no food waste in your bin which reminded me to look into ways to use leftovers. They advised me to watch my time and make sure I'm not challenging myself too much which reminded me to do lots of practice before to ace the time.

21

Summarise feedback contd...

I then looked for feedback off my teacher and she seemed to like the idea of the bean burger as well. She told me that pickled onions were trending at the minute and would show good skills which gave me the idea to put some on my burger. Then I asked my family what they thought. My mum made bean burgers before when we had stale bread lying around and said it would be a good vegetarian dish to show I'm being sustainable. She used kidney beans when making hers so I decided I might use them too. My sister done her Home Economics cooking exam in third year also and said to be careful of your time limit as she had to drop some things from her menu as it took too much time which reminded me I needed lots of practice and might need to drop some things.

22

Sample of work

Summarise feedback contd...

I wanted to look at a wider range of opinions so I done a survey on my Home Ec class and displayed the results on a pie chart. The pie chart clearly showed me which meal was most popular and helped me choose my final decision. Lastly, I interviewed my biggest inspiration, my granny, on sustainability and vegetarian cooking. She told me the importance not to waste food and reminded me to leave nothing usable in my bin. She gave me some tips on how to be a successful vegetarian cook in the kitchen such as use chewy foods so you feel fuller as it takes longer and more effort to chew, and build a balanced meal. All of the feedback and information I received gave me the ideas and perfections to make the best dish.

23

Make a decision

I chose to make idea 2- Bean burger with Irish potato wedges and coleslaw.

I chose this idea because I feel it will showcase more of my skills and I want to set myself a greater challenge than idea 1. It has more sustainable features than the soup such as the bean substitution for the meat, the wholemeal bun instead of the white, the tomato sauce instead of throwing it away after using just one slice.

I chose this meal because it has many great flavours but I mainly love it because it is very sustainable. I predict there will be little costing as I am using veg from the garden and beans are cheaper to afford than meat. Also my carbon footprint will be reduced as I am not travelling to the shop continuously. As well as that, I will have very little plastic packaging to dispose of meaning more sustainability.

24

Sample of work

Reasons for choice



Reason 1:

I chose a bean burger to substitute using meat as it is unsustainable. Meat production contributes heavily to the increases in greenhouse gas emissions, deforestation, soil degradation and water stress. The industrial meat system requires a huge amount of land to sustain itself so to meet my task I decided against using it. Therefore I chose to make my meal vegetarian as it is more sustainable and eco friendly. My grandparents are both vegetarian so I chose a dish that I could make for them some day and I think they would really like it. The beans are a healthier option and keep you full for longer (due to the protein and fibre content). I also chose beans because they are stored in a can rather than meat which is stored in plastic. Cans have, on average, 68% recycled content compared to just 3% for plastic. Therefore, it has a high sustainability factor compared to other packaging options.

25

Reasons for choice



Reduce
Food
Waste
No food for
waste

REDUCE
Your
FOOD
MILES



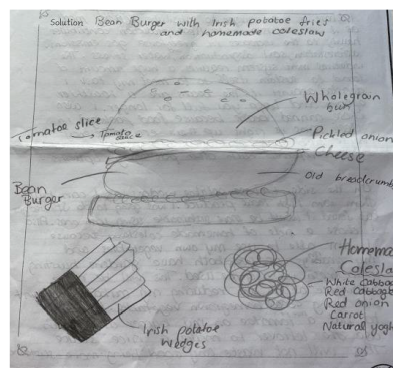
Reason 2:

On the side I chose potato wedges as I can get them from Irish local produce or use them from my garden. I was going to do sweet potato wedges but found it would be more sustainable using Irish ones to reduce the environmental costs associated with food miles. I chose this also because it will reduce my carbon footprint and be more sustainable as I'm using homegrown vegetables. I also chose to do the coleslaw because it excites me that I am going to be using my own vegetables and my own hard work from my garden, and not letting it go to waste by putting it in my favorite coleslaw. I chose to put a slice of tomato on my burger as I can use the leftovers to make a nice sauce. This will result in zero food waste and be more sustainable as I'm using leftovers. Tied in with leftovers is the slightly stale bread that I am going to be using for my breadcrumbs rather than letting them go off.

26

Sample of work

My dish and accompaniment



27

Colour scheme ideas

I think this image best portrays the colours I am hoping for my burger as I am using pickled onions as well to showcase more skills. The bun is wholemeal and I think it is presently neatly and looks easy to hold.

As for the homemade coleslaw I think it will add so much colour to the plate and allow me to use vegetables from the garden to show I am being sustainable. The red onion in the coleslaw will link the whole plate together as there is also some on my burger. Coleslaw is a suitable accompaniment with a burger.



28

Sample of work

Reflection: What I did well....

I done well in adding extra features to my bean burger so it wasn't plain or simple. I wanted to make sure it was as sustainable as could be so I thought of lots of different ways I could improve it. Examples of which I think I done well in adding to my burger was changing a meat burger to a bean burger, using stale bread as bread crumbs so there is no waste, using the leftover tomato to make sauce and finally using a wholemeal bun instead of a white bun. All of these changes made my dish more sustainable and eco friendly and I think I done well coming up with them all. I also think I chose perfect, suitable sides(wedges and coleslaw) for my burger so I think I done well in that too.

29

Reflection: What I enjoyed...

I enjoyed interviewing my granny to find information on sustainability and vegetarian cooking. My granny has always been a big inspiration of mine because of her determination to protect the environment and reducing her carbon footprint. So I enjoyed asking her questions and having an excuse to ask about her brilliant cooking skills and maybe I could try and use them when I'm doing my exam. I enjoyed getting an insight into her tips and tricks and I already want a massive garden like hers. She plays an important role in my life so I would love to cook my meal for her. I enjoyed coming up with ways to be sustainable as it made me think about the meals I eat and how I can change them for the better too.

30

Sample of work

Reflection: What I found difficult...

I found researching sustainability and coming up with ideas very difficult because the task is very broad and open. There was many things to consider when coming up with ideas like time and whether or not I'm meeting the brief. It took lots of thought but with the help from all the feedback I received I found the perfect dish most suited to my ability and skill but still giving me a challenge. I also struggled with the second source of information because I took so much time with the interview that it was hard coming up with a second one. However the pie chart ended up giving me a clear indication of which was the favorite dish so it worked out in my favor in the end.

31

Reflection: What I would do differently next time...

Next time I would do a bigger survey asking more questions but at the time I had pretty much all my ideas worked out, I just needed clarification. So if I was to do it again I would send out my survey sooner and ask more questions. Also I release now that because I'm trying to show loads of different skills all in one meal, I am forgetting about the time limit. I know I should be fit for it all but next time round I would practice a few different meals before deciding anything and seeing which one suits me the best.

32

Sample of work

Conclusion...

At the end of my CBA, I am so happy I got the sustainability task as it has opened my eyes on the ways of saving the planet and has taught me how I can make a difference, even if it's only a small part. I understand the consequences of food waste and will forever strive to have an empty bin at the end of cooking from now on. For the new year I plan to extend my garden and eat less meat. This is only the beginning of my sustainable goals and I am so excited to cook my bean burger for my family again.



Teacher feedback

- FOQ 1** The outline of the proposed brief was completed to a very high standard. The information around sustainability was presented comprehensively and the proposed solution demonstrated a very good understanding of all the aspects of the brief both sustainability and a link to health in both the dish and accompaniment. The three factors to be considered were clearly linked to the brief and well developed. The solution shows an excellent understanding of sustainable practices in both the selection and management of foods.
- FOQ 2** The research and analysis was evidence based and completed to a very high standard. This was clear through the interview, class survey and websites used. Information obtained from these sources was well analysed with personal reflections and interesting conclusions.
- FOQ 3** The reflection provided a clear summary from both peers and teacher on the possible ideas and how you reached your chosen solution. The final reflection was very well analysed.

Overall Judgement

Exceptional

