

CBA 2: FOOD LITERACY SKILLS

SAMPLE 1: 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

Classroom Based Assessment two.

Design brief: Task 1:

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 (i) the finished dishes, (ii) how you met the criteria set out in the brief, (iii) your overall performance in the food literacy skills examination.

Analyse the brief. Define the task. What are you asked to do?

I have to make eco-friendly choices and carry out research on sustainable practices. I must demonstrate my cooking and creative skills by preparing, cooking and serving a healthy lunch with a suitable accompaniment. I also need to complete a written evaluation.

Sample of work

Key factors. What factors should you consider when doing your investigation/brief?
Name and explain 3 factors.

Cost: I have limited amount of money to buy the ingredient for my dish, so I should be aware of the cost of products.

sustainability: As I am doing task one, I should be aware of food miles, buying local products and products in season.

Time : I have to prepare, cook and serve a dish in the amount of time I have.

Collect information/research. What type of research did you do? State where you presented all the information you have gathered.

I used the internet to do research for my CBA. The information I gathered was presented to my teacher in my copy. I researched the meaning of sustainability, food waste and how to reduce it, buying local produce and sustainable food production.

Name two sources of information and state the benefit of using it.

Source 1: Stop food waste.ie

Here I found food waste is one of the largest contributors to climate change. We have to use leftover food to reduce food waste.

Source 2: Seai.ie

I learned food miles are the distance food travels from a farm to your plate.

Sample of work

Possible solutions

Generate ideas. Based on your research identify solutions that fit the brief.

Possible solution one:

Menu

Vegetable soup
with brown scones.

possible solution two:

Menu

Chicken goujons
and wedges
with a mixed salad.

Sample of work

Having practiced both menus write your personal reflection on the possible choices. Make a note of your own thoughts on the dish and any changes you might like to make. Comment on the suitability of the dishes for your brief.

Two of my possible choices are vegetable soup with brown scones and Chicken goujons and Wedges with a mixed salad. I have been asked to prepare, cook and serve a nutritious lunch in my brief. Vegetable soup with brown scones fit the brief because the soup contains a variety of vegetables which provide lots of vitamins and minerals for general health and is a lowfat lunch. It is sustainable because I can buy locally grown vegetables or use leftovers. The brown scones are perfect to serve with the soup as it is a source of fibre which is good for the digestive system. The second option is chicken goujons. They are nutritious because they are made with 100% chicken, egg and breadcrumbs compared to shop bought ones which have artificial preservatives and flavourings added. This dish would be sustainable as I could buy Bord Bia Chicken and use leftover bread for making breadcrumbs. The wedges are a suitable accompaniment as they are a source of carbohydrates for energy. The mixed salad will balance the lunch as it now contains three out of the four food groups.

Sample of work

Present ideas to others for feedback:

Who?	What did they say?
My friend.	Vegetable soup would show more skills than chicken goujons and is more nutritious.
My parents	My parents think both dishes would suit the brief as they are both nutritious and sustainable.
my teacher	<p>My teacher said my teacher said my two possible menus were well thought out in terms of how they were sustainable.</p> <p>She said my first choice fits the brief perfectly. She said the vegetable soup was a good choice for the lunch as we have practiced making soup before in school. It is very nutritious due to plenty of veg included in the recipe. She said Scones were a good choice as bread may take too long to cook.</p> <p>For my second choice she liked the idea of homemade chicken goujons with wedges and mixed salad. She said it was well balanced and a wide variety of skills would be shown to the examiner.</p>

Sample of work

Final Solution:

Clearly write your final decision in the menu box below.

<p><u>Menu</u></p> <p>Vegetable soup and brown scones.</p>

Clearly explain why you chose this menu. Give 3 reasons for your choice. Make sure to cover all aspects of the brief.

- 1) I chose to make soup as it is nutritious due to the variety of vegetables I can use.
- 2) I chose to make vegetable because it is sustainable as I can use leftover / seasonal / locally grown vegetables.
- 3) I chose to make brown scones because they are a suitable accompaniment to soup and they are nutritious as brown scones contain fibre which is good for your digestive system.

Sample of work

Reflection:

Having completed the planning process review feedback from your teacher and your peers and evaluate how the process went.

1. What worked well for you?

I found it easy to gather and present my research for my CBA.

2. What were your strengths?

I was able to practice each possible dish I wanted to cook. This made it easier for me to pick what I wanted to cook. I also improved my cooking skills.

3. What were your weaknesses?

My weakness was my time-management. I felt the quality of my work could have been better if I didn't rush through it.

4. What might you change / do differently if you were to do this CBA again?

If I was to do this CBA again, I would spread out the work evenly and not leave everything to the last minute.

Sample of work

ReflectionSummary of the feedback from my teacher:

My teacher said that my analysis of the brief needs to include every part of the design brief in full and that I need to expand somewhat on my factors to consider. She said that my choice of menus were suitable as they contained a lunch and suitable accompaniment and met the brief. She said that my reasons for choice were well developed and comprehensive. She said that I paid particular attention to how my possible menus met the brief with an emphasis on how they were nutritious and sustainable.

Summary of the feedback of my peers:

I asked my friend which she thought was the better option and she said vegetable soup as it is more nutritious than chicken gousons and I could show more skills to the examiner.

Reflection on the feedback I received:

The two parts of the CBA that I did well are the possible menus and the reasons for my choice as my teacher outlined. I have taken my friend's feedback on board and have decided to make vegetable soup and brown scones for my exam.

Sample of work



Sustainability

- Sustainability involves preserving our world for future generations.
- To be sustainable I must make choices and develop practices that are eco-friendly.
- Consider buying locally, using leftovers and food miles.



Sample of work

Using Leftovers

- Source: <http://www.stopfoodwaste.ie>.
- Food waste is one of the largest contributors to climate change with Ireland alone generating around 1.27 million tonnes of food waste each year.
- In order to reduce food waste we must plan meals and USE LEFTOVER FOOD in meals e.g. soup.



Food miles and buying locally.

- Source: seai.ie.
- Food miles is the distance food travels from a farm to your plate.
- Fossil fuels are burned to create energy which releases the harmful carbon dioxide.
- To reduce CO₂ emissions you should buy local products.

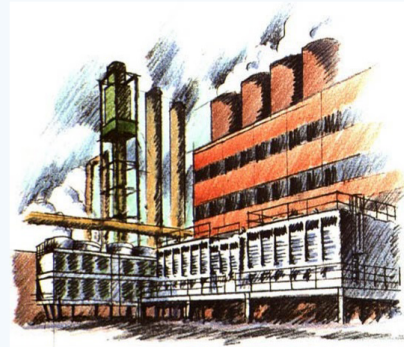


Sample of work

Food Sustainability:

- Sustainable food production uses processes and structures to lesser the environmental impact of food production and to protect workers, communities and the environment.
- Even though consumers are aware that food production has an impact on climate change, most consumer do not know of sustainable diets, as well as many misconceptions about them. Eating more local food, reducing meat consumption and choosing responsibly sourced seafood selections are all ways to eat more sustainably.

- *Source:*
<https://www.eufic.org/en/healthy-living/category/eating-sustainably>



Teacher feedback

- FOQ 1** The student's proposed solution to the brief is completed to an acceptable standard. The factors to be considered were brief and could have been explored further. The student could have developed the information given in relation to 'time' by referring to the duration of the exam and in terms of 'cost' the student could have explained how cost could be reduced. The lunches and accompaniments in the possible solution/chosen solution meet the brief as they can be made sustainably which was outlined by the student in their reflection. The student also made reference to how the dishes were nutritious and balanced.
- FOQ 2** The research is in powerpoint format and is completed to an acceptable standard. The student has made a fair attempt at outlining different aspects of food sustainability. For each piece of information presented the source is clearly identified. The student does not however make reference to the reliability of the sources. While the student attempted to draw conclusions from the research, further analysis would have strengthened the piece of work.
- FOQ 3** The student reflection is satisfactory but could have been developed further by drawing further analysis and conclusions. The student has decided on what menu to choose based on a friend's recommendation. The student could have given a more detailed representation of the feedback from the other students in the class if more students were consulted.

Overall Judgement

In line with expectations

