FOOD NUTRITION & HEALTH

SCHOOL BASED ASSESSMENT

**2021 & 2022**

1. **SBA assignment 1 and SBA assignment 3** each consist of one question ONLY. Plan sheets must be done in duplicate (one copy each for student and teacher).

2. **SBA assignment 2 consists of TWO questions**. Teachers are required to allocate questions alternately using an alphabetical listing of students’ surnames. Plan sheets must be done in triplicate (one copy each for student, teacher and moderator).

3. Students are required to prepare for FOUR persons ONLY

4. Vegetarian students can substitute the food from animals group with other appropriate protein foods.

**ASSIGNMENT I**

Planning Session – One hour

Practical Session – One and a half hours

SBA1 is aligned to Prepare appetizers & salads (THHCFP0271A); Follow work place hygiene (THHCOR0041A) and Follow health safety and security procedures (THHCOR0021B).

**Question 1**

Your mother is having a‘Movie Night’ to celebrate your brother’s success in exams. You are required to plan, prepare and serve the following items:

1. **An** interesting appetizer with accompaniment.
2. An attractive cooked salad.

**ASSIGNMENT 2**

Planning Session – One and a half hours

Practical Session – Two and a half hours

SBA 2 is aligned to Prepare and cook poultry and game (THHCFP0321A): Prepare vegetables and farinaceous dishes (THHCFP0651A); Use basic methods of cookery (THHCFP0261B) and Present food (THHCFP0231A).

**Question 1**

Coconuts have recently increased in popularity for their flavour, culinary uses and potential health benefits.

You are required to show your creativity and versatility of using coconut (two different ways) in the preparation of a TWO course meal for an anniversary dinner.

**Question 2**

The Ministry of Education successfully launched the Healthy Lifestyles project. As part of the project, there will be a food fair on “Healthy Eating for a Healthy Weight.”

As a Food, Nutrition and Health student you are required to prepare an interesting and attractive TWO course lunch to be displayed at the fair.

**Note:**

1. TWO course to include: (1) main dish (2) cooked starchy (3) cooked vegetables (4) dessert
2. Question 1:

* Two different ways- (1)using the milk (2)using the flesh
* Use of coconut required in two dishes only.

**ASSIGNMENT 3**

Planning Session – One and a half hours

Practical Session – Two hours

SBA 3 is aligned to Clean and maintain premises (THHCFP0251A); Organize and prepare food (THHCFP0221B); Prepare soup (THHCFP0301A).

**Question 1**

The COVID 19 pandemic has caused the Ministry of Education to focus on online learning. To ensure that you and your sibling are able to participate fully, your parents bought laptops on hire purchase for both of you. You have decided to contribute towards the payment of the laptops by utilizing some of the skills you learned in your Food, Nutrition and Health class to raise funds.

Plan and prepare the following items for sale.

1. A flour mixture product
2. Soup
3. A sweet or savoury item using fruits