

HOME ECONOMICS

SCHOOL-BASED ASSESSMENTS (SBA)

For Students Writing Examinations in 2027 & 2028

Includes

SBA Requirements, Assignments and Portfolio Development for:

- Family & Resource Management
 - Food, Nutrition & Health
 - Textiles, Clothing & Fashion

Curriculum Planning and Development Division
TVET/TE Unit – Home Economics

Prepared for Teachers and Students

HOME ECONOMICS

SCHOOL BASED ASSESSMENTS

The school-based assessment component will test Practical Skills. Candidates will complete a set of practical activities in which the relevant Level 1 standards for the CVQ are integrated.

Each candidate is required to keep a portfolio/workbook containing all practical assignments done over the two-year period prior to the examination. All practical assignments should be dated, and an index should be made by the candidates of the assignments done. Teachers are expected to keep all portfolios/workbooks for a period of three months after the release of the results of the examinations.

Sixteen (16) practical assignments over the two-year period, or four practical assignments per term, would be considered the minimum number for students to develop their skills and on which to base realistic assessments.

Assessments should be made only after students have been taught the skills and given enough opportunity to develop them.

Three of these assignments are to be identified for CXC moderation and the marks entered in the Record of Mark Sheet. SBA Assignment Nos 1 and 3 MUST be completed and moderated by the teacher before the moderation exercise for the second SBA.

The suggested period for the conduct of the SBAs are as follows:

- SBA 1 – Form 4, Term 3
- SBA 3 – Form 5, Term 1
- SBA 2 – Form 5, Term 2

FAMILY & RESOURCE MANAGEMENT

ASSIGNMENT 1

Planning Session – One hour (1 hr.)

Practical Session – One and a half hours (1½ hrs.)

Question 1

Your neighbour has recently migrated and asked you to assist her teenage daughter in taking care of the home on afternoons.

Carry out the following activities:

- (i) Demonstrate the use and care of an electric iron. In your demonstration, include the correct method for ironing a cotton shirt.
- (ii) Clean and organize the kitchen countertop area using appropriate cleaning agents.
- (iii) Prepare and serve a refreshing fruit beverage for her.

Question 2

Your aunt has asked for your help in preparing her home for a visit from important business associates.

- (i) Prepare the dining area for the visit.
- (ii) Clean one glass window and one upholstered chair.
- (iii) Make and serve two open-faced sandwiches and a hot or cold drink.

FAMILY & RESOURCE MANAGEMENT

ASSIGNMENT 2

Planning Session – One and a half hours (1½ hrs.)

Practical Session – Two and a half hours (2½ hrs.)

Question 1

Your school is hosting its annual “Healthy Living Expo,” and the Family and Resource Management class has been asked to participate.

- (i) Design and create a poster promoting healthy eating habits among teenagers.
- (ii) Set up a display showcasing the importance of proper food storage in the home.
- (iii) Demonstrate how to remove stains from white cotton fabric using a chosen stain-removal method.
- (iv) Prepare and serve a nutritious two-item meal.
- (v) Set up a tray or table for serving the meal.

Question 2

The youth group in your community is planning a “Home Safety Awareness Day.” The organizer has requested your assistance.

- (i) Design and create a brochure outlining basic home-safety rules.
- (ii) Set up a booth showing common household hazards and prevention tips.
- (iii) Demonstrate how to clean and store small household tools safely.
- (iv) Prepare and serve a simple one pot lunch.
- (v) Prepare a tray setting for serving the meal.

FAMILY & RESOURCE MANAGEMENT

ASSIGNMENT 3

Planning Session – One and a half hours (1½ hrs.)

Practical Session – Two and a half hours (2½ hrs.)

Question 1

Your older sibling and spouse will be visiting with their new baby for a long weekend.

- (i) Thoroughly clean and prepare a bedroom for their stay.
- (ii) Prepare a nutritious dessert suitable for the family.
- (iii) Set up a comfortable area for the baby's playtime.
- (iv) Make a simple handmade gift for the baby or parents

Question 2

Your family is celebrating your mother's promotion at work. You have been asked to help prepare for the small gathering at home.

- (i) Thoroughly clean and prepare the living/dining area for the function.
- (ii) Prepare a nutritious dessert suitable for the family.
- (iii) Set up a corner for taking photographs.
- (iv) Make a small keepsake celebrating her achievement.

FOOD NUTRITION & HEALTH

ASSIGNMENT 1

Question 1

Planning Session – 1½ hrs.

Practical Session – 2½ hrs.

CVQ alignment

Follow workplace hygiene-THHCOR004A.

Follow health, safety and security procedures - THHCOR0021B.

Organise and prepare food - THHCFP0221B.

Prepare sandwiches - THHCFP0291A.

Prepare and present appetizers and salads - THHCFP0192A.

Prepare cakes, pastries and batter products - THHCEP0362A.

Prepare beverages (non- alcoholic) - THHCFP0071A.

1. The principal asked your Food, Nutrition and Health class to prepare dishes for a ‘mini brunch’ for World Teacher’s Day. Demonstrate your skill in planning, preparing and serving the following items:
 - A batch of Tea Sandwiches.
 - A protein-based finger food/appetizer.
 - A batch of sweet items using the rubbing-in method.
 - An interesting cold fruit or vegetable drink using a labour-saving device.

Please note:

1. Students are required to showcase their dishes to serve at least three (3) persons.
2. Tea Sandwiches should be neatly cut/shaped and attractively garnished with the use of bread or tortilla wraps (convenience food item). Some examples of fillings can include smoked salmon and cream cheese, tuna paste, cream cheese and cucumber, egg salad, cheese paste.
3. Protein based Finger Food/ Appetizer can be made from animal or plant-based ingredients for example Chicken Bites, Mini Chicken Skewers, Devil Eggs, Fish/Chicken Croquettes, Meatballs, Mini Shrimp Skewers, Falafel Balls, Quinoa Veggie Bites, Lentil Balls etc.
4. Sweet Item (Rubbing-in Method) – examples include Rock Buns, Coconut Drops, Mini Golden Coconut Cake etc.
5. Cold Drink Preparation - fresh fruit/s and or vegetable/s - (orange, portugal, dragon fruit, passion fruit, watermelon, pineapple, carrot, beetroot, cucumber etc.) sweetened with a simple syrup.
6. A labour – saving device must be used (juicer, blender, food processor etc.).

FOOD NUTRITION & HEALTH

ASSIGNMENT 2

Question 1

Planning Session – 1½ hrs.

Practical Session – 2½ hrs.

CVQ alignment

Follow workplace hygiene – THHCOR0041A.

Follow healthy safety and security procedures – THHCOR0021B.

Organise and prepare food – THHCFP0221B.

Use basic methods of cookery – THHCFP0261B.

Prepare and cook poultry and game – THHCFP0321A.

Prepare vegetables and farinaceous dishes – THHCFP0651A.

Prepare hot and cold desserts – THHCFP0352A.

1. The Ministry of Health will host a Diabetes Awareness Health Fair. You have been asked to plan, prepare, and serve a three-course meal suitable for people with diabetes.
 - A vegan appetizer dish
 - A protein dish
 - A cooked starchy dish
 - An interesting raw vegetable salad
 - A suitable dessert

Please note:

1. Students are required to showcase their dishes to serve at least three (3) persons.
2. A vegan appetizer, examples are Chickpea Balls, Mini Quinoa Croquettes, Lentil Balls, Callaloo Soup, Roasted Eggplant, Roasted Veggie Skewers etc.
3. A protein dish (food from animals or legumes or a combination can be used) using a suitable cooking method for persons living with diabetes.
4. A starchy dish that is high in fibre (e.g., sweet potato, provisions, whole grain rice, quinoa, whole wheat pasta or green banana).
5. An interesting raw vegetable salad served in a creative way with a salad dressing.
6. A healthy and suitable dessert for persons living with diabetes (little to no refined or added sugar and fat) using fresh fruit/s for example Fruit Parfait, Fruit Cups, Fruit Kebabs.
7. Accompanying sauces or dressings may be convenience foods.

FOOD NUTRITION & HEALTH

ASSIGNMENT 2

Question 2

Planning Session – 1½ hrs.

Practical Session – 2½ hrs.

CVQ alignment

Follow workplace hygiene- THHCOR0041A.

Follow health safety security procedures- THHCOR0021B.

Organise and prepare food – THHCFP0221B.

Use basic methods of cooking- THHCFP0261B.

Prepare vegetables and farinaceous dishes- THHCFP0651A.

Prepare and cook meat and seafood- THHCFP0331A.

2. Your school is celebrating Heritage Week, and you are required to prepare a three-course meal, with each course inspired by an ethnic group/s of your choice. Plan, prepare and serve the following dishes:
- A suitable appetizer
 - A main course
 - protein-rich entrée
 - cooked starchy dish
 - cooked non-starchy vegetable dish
 - A culturally relevant sweet item

Please note:

You may select a single ethnic group for the entire meal OR mix influences by choosing a different group for **EACH course** (be sure to indicate which course belongs to which ethnic group selected during your planning session.).

1. Students are required to showcase their dishes to serve at least three (3) persons.
2. Suggested ethnic groups may include African, East Indian, Chinese, Spanish.
3. Suggested appetizers may include Salt Fish Accra, Pholourie, Wontons, Mini Empanadas etc. An appropriate accompaniment must be served with the appetizer. This can be a convenience food.
4. Culturally relevant sweet items may include Kurma, Pone, Coconut Drops etc.

FOOD NUTRITION & HEALTH

ASSIGNMENT 3

Question 1

Planning Session – 1½ hrs.

Practical Session – 2½ hrs.

CVQ alignment

Follow workplace hygiene – THHCOR0041A.

Follow healthy safety and security procedures – THHCOR0021B.

Organise and prepare food - THHCFP0221B.

Use basic methods of cooking – THHCFP0261B.

Prepare and cook poultry and game - THHCFP0321A.

Prepare and cook meat and seafood - THHCFP0331A.

Prepare vegetables and farinaceous dishes - THHCFP0651A.

Prepare hot and cold desserts - THHCFP0352A.

1. Your aunt is pregnant and needs extra iron for her health and the baby's development. You are required to plan, prepare and serve a healthy lunch that includes iron-rich foods to help her meet this increased need.

Your lunch should include the following:

- An iron-rich protein item.
- A cooked starchy side dish using local produce.
- A cooked iron-rich non-starchy vegetable dish.
- An iron-rich dessert.

Please note:

1. Students are required to showcase their dishes to serve at least three (3) persons.
2. A protein dish from any of the following protein sources (meat, sea food, poultry, textured vegetable protein) or a combination can be used.
3. Iron-rich desserts can include chocolate and raisins cookies, molasses ginger cookies, black bean brownies, oatmeal and raisin bars (dairy-free versions).
4. One dish/item may include the use of one (1) convenience food.

FOOD NUTRITION & HEALTH

ASSIGNMENT 3

Question 2

Planning Session – 1½ hrs.

Practical Session – 2½ hrs.

CVQ alignment

Follow workplace hygiene – THHCOR0041A.

Follow healthy safety and security procedures – THHCOR0021B.

Organise and prepare food – THHCFP0221B.

Use basic methods of cooking – THHCFP0261B.

Prepare egg dishes - THHCFP0641A.

Prepare appetisers and salads - THHCFP0271A.

2. Eggs are a versatile ingredient. Demonstrate four (4) different uses of eggs by preparing one dish/item for each of the following functions:

- Binding
- Glazing
- Improving nutritive value
- Trapping air using the whisking method

Please note:

1. Students are required to showcase their dishes to serve at least three (3) persons.
2. At least one (1) dish/item must be a sweet dish/item.
3. Examples of binding items: Meatballs, Fish Cakes and Corn Fritters.
4. Glazed products may be made using packaged or pre-prepared pastry dough as the allowed convenience food item for one dish. However, all fillings must be *cooked and made from scratch*. Examples include Meat Pies, Vegetable Pies, Spinach and Cheese Pies.
5. Examples of dishes with improved nutritive value: Egg-fortified Vegetable Fried Rice, Egg-fortified Macaroni Pie/Mac and Cheese, and Egg-fortified Vegetable Soup.

TEXTILES CLOTHING & FASHION

ASSIGNMENT 1

Practical Session – One and a half hours (1½ hrs.)

Your school will be showcasing the rich cultural heritage, traditions, and vibrant imagery of Trinidad and Tobago. As part of this initiative, your Textiles, Clothing & Fashion teacher has requested that the class create textile artwork using surface design techniques.

Using **stenciling** as your chosen surface design technique, you are required to create a textile artwork that highlights cultural symbols, vibrant colours, and dynamic patterns.

You are to:

1. Develop an original sketch that represents an aspect of Trinidad and Tobago's culture.
2. Create and apply your design using the stenciling method.
3. Incorporate **at least three vibrant colours** in your artwork.
4. Apply your design to a piece of fabric measuring **30" × 36"**.

ASSIGNMENT 2

Practical Session – Two and a half hours (2½ hrs.)

As a new Fashion Designer, you have been commissioned by a leading fashion manufacturer to produce a **trendy skirt for teenage girls**. The sample must demonstrate the following features:

- A-line skirt
- Elasticized waist finish
- Patch pockets
- Proper proportion and balance
- Effective use of line and colour

You are required to:

1. Sketch your proposed design.
2. Draft the pattern using measurements for size 6 - child.
3. Cut and construct the skirt.

ASSIGNMENT 3

Practical Session – Two and a half hours (2½ hrs.)

Using the fabric designed for SBA 1, make a simple tote to be sold at the school's cultural fair.

You are required to:

- Construct a tote bag using the following specifications:
 - Size: 14" L x 12" W x 3" D
 - Straps at least 20" long
 - Snap fastener, button & buttonhole OR Velcro to secure the opening
- Prepare final cost of the tote bag according to the costs of material, labour and mark-up.