



Coimisiún na Scrúduithe Stáit State Examinations Commission

Junior Cycle, 2021

Home Economics

Food Literacy Skills Examination (50% of Total Marks)

Assignment Briefs

Directions to Candidates

1. Each candidate will complete a practical performance test in the presence of an external examiner appointed by the State Examinations Commission. Duration: 1 hour 30 minutes.
2. The practical performance test must comply with **one** of the assignment briefs listed on page 2.
3. Each candidate will draw **one** assignment brief from the list.
4. The maximum number of candidates in an examination session is 12. The full range of assignment briefs should be used in each session.
5. Each candidate must present evidence of preparatory planning and carry out a written evaluation during the examination.
6. Candidates are not permitted to use mobile phones or electronic devices during the examination.
7. **Teachers should draw the attention of candidates to the information on page 3.**

1. Sustainable practice

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 and (iii) your overall performance in the food literacy skills examination.

2021

2. Nutritional requirements at each stage of the lifecycle

Nutritional requirements vary at each stage of the lifecycle and can be met by following a healthy balanced diet.

Carry out research on the nutritional requirements of one stage of the lifecycle.

Demonstrate your culinary and creative skills by preparing, cooking and serving a complete main course for the stage of the lifecycle 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 and (iii) your overall performance in the food literacy skills examination.

2021

3. Special dietary considerations

Catering for people with food allergies and food intolerances requires careful dietary planning.

Carry out research on a special diet relating to a food allergy or to a food intolerance.

Demonstrate your culinary and creative skills by preparing, cooking and serving a suitable starter and dessert for the special diet 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 and (iii) your overall performance in the food literacy skills examination.

2021

INFORMATION FOR TEACHERS AND CANDIDATES

- Candidates are required to present written planning material as part of the practical performance test.

This should include the following:

- a copy of the selected brief
 - name of area of research e.g. sustainable practice/chosen stage of the lifecycle /chosen food allergy or food intolerance
 - name of dish/dishes being prepared
 - a work plan for the practical performance test outlining the sequence of making and serving the dish/dishes. The work plan should allow time for carrying out a written evaluation
 - a list of the resources required e.g. ingredients, quantities, equipment, serving dishes etc.
 - an evaluation sheet and writing material to carry out a written evaluation.
- The dish/dishes being prepared for examination should satisfy the criteria of the brief and should afford the candidate the opportunity to be purposefully engaged in the demonstration of skills appropriate to the standard of Junior Cycle
 - Maximum use should be made of fresh ingredients and the use of convenience foods should be kept to a minimum to allow candidates to demonstrate their food literacy skills
 - Complete main course meals, where required, must be balanced
i.e. contain at least three out of the four food groups
 - Advance preparation of ingredients should be minimal
i.e. ingredients may be weighed, and vegetables may be washed but not peeled or chopped etc.
 - Cookers may be turned on in advance but must be set to the required temperature by the candidate during the examination
 - Compost bins/bins must not be emptied until they are checked by the examiner
 - Equipment used must be left on the workstation until it is checked by the examiner
 - First aid equipment must be accessible during the examination
 - Candidates are required to present all food prepared
 - A schedule of the examination sessions should be made available to the examiner detailing: the number of candidates in each session; their examination numbers; assignment brief numbers; and names of the dishes to be prepared/cooked
 - A plan of the room indicating the position of the candidates' workstations should be made available to the examiner
 - Each candidate's workstation and written material must be clearly identified with the candidate's examination number, assignment brief number and the names of dishes being presented. This information should be displayed at the front of the candidate's workstation
 - Candidates must be identifiable by their examination number at all times during the examination.

