

Food Literacy Skills Brief CBA 2

Exam Number: _____ Task Number: One

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.

1. ANALYSIS

What are you being asked to do?

I have been asked to

2. RELEVANT FACTORS

Explain 3 factors that you must consider before deciding on what dishes to choose. (Make sure at least two of these link directly to your brief!!)

1.	
2.	
3.	

3. MY RESEARCH INTO THE TASK

What is sustainability?

Explain food sustainability.

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

3 sustainable practices in choosing food (supplier/shop/home/garden)	3 sustainable ways to manage food (storing/keeping fresh/leftover use)

2 websites I used to carry out research were:

- 1.
- 2.

4. POSSIBLE SOLUTION

List a variety of lunches & accompaniments (taking sustainable practices into consideration.)

Lunch Examples	Accompaniments
1.	1.
2.	2.
3.	3.

5. PEER AND TEACHER FEEDBACK

1.	2.	3.	4.	5.
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6. SUMMARY OF FEEDBACK

7. Chosen Solution

I have chosen:

Reason 1 for this choice:

Reason 2 for this choice:

8. SOURCES OF INFORMATION

Sources: e.g. websites, leaflets	How was it useful:

9. EVIDENCE OF RESEARCH

Here you must include at least 3 pieces of evidence from your research...
eg. Safefood's Food Pyramid, a newspaper article, a list of useful points you gathered from a website

1.	
2.	
3.	

10. Reflections

What I enjoyed:

What I found difficult:

What I learned from the peer & teacher feedback:

What I would do differently next time:

Changes I will make for the Practical Food Skills Exam:

