



## NQ Verification 2015–16 Key Messages Round 1

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### Section 1: Verification group information

Verification group name:	Health and Food Technology
Verification event/visiting information	Event
Date published:	March 2016

#### National Courses/Units verified:

H200 74/75/76 Contemporary Food Issues  
H1YT 73/74/75/76 Food for Health  
H1YX 74/75/76 Food Product Development

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### Section 2: Comments on assessment

#### Assessment approaches

All centres had used a valid approach to assessment, ie they had used the assessment materials from the relevant Unit assessment support packs (UASPs) from SQA's secure website or derived from these. Much of the evidence submitted used the Unit by Unit approach, although, there was also some evidence of the combined approach.

Centres are reminded that if they wish to use a centre-devised assessment approach, this should be prior-verified by SQA before using with candidates, to ensure that the assessment enables the candidates to fully meet the Assessment Standards.

Where a pro forma is designed to gather evidence from candidates, care must be taken that this does not mislead candidates. It must enable them to fully meet the Assessment Standard but not make them go beyond it.

## Assessment judgements

The majority of centres are assessing their candidates in line with national standards. There are, however, a number of recommendations that relate to the assessment judgements, as outlined below:

### Food for Health Unit

Outcome 1.1 — at Higher level, candidates are required to explain three benefits to health of a balanced and varied diet. This must go beyond a description or list of dietary diseases/conditions. Where candidates have chosen the impact on lifestyle and/or self-esteem, they must make clear in their explanation the role of specific nutrients and/or foods contained in a healthy balanced diet and their contribution to such eg *a balanced diet will not contain too many fat-rich foods such as pies, cakes and burgers which will reduce the risk of developing obesity. If you are at the correct weight for your height, this may help to raise your self-esteem, as you may feel better about yourself.*

Outcome 1.3 – at Higher level, candidates must make a comment about the contribution to diet made by food, eg *the chips may contain some Vitamin C, which is contributing to his low Vitamin C intake.* Many candidates suggested improvements to the meal; this is not required to meet the Assessment Standard.

At N5 level, candidates should explain the main effect on health of each nutrient, as well as providing the function of each nutrient.

Outcome 2.1 — at Higher level, candidates must explain in detail the dietary and health needs of the individual/group, eg *adequate intake of Vitamin C is known to ensure adequate absorption of iron. This will help prevent anaemia, which is common in teenagers.*

Outcome 2.2 — at all levels, it is essential that an Assessor Checklist and/or signed photographic evidence is included, with commentary, to confirm that the product has been made safely and hygienically, using the identified ingredients and cooking method.

### Food Product Development

Outcome 1.1 — at Higher level, candidates must ensure their answers include an explanation of the impact of the functional property on the food product development process.

### Contemporary Food Issues

Outcome 1.1 — at Higher level, candidates must justify why their chosen contemporary food issue is relevant to the brief/scenario. Care must be taken when selecting contemporary food issues, as a number of incorrect issues were identified by candidates, eg *vegetarians.*

Outcome 1.2 — at Higher level, candidates should carry out an investigation to find out information about their identified contemporary food issue. They should then use this to give two points of information — these must come from their research findings and must not contain new information.

Outcome 1.3 — at Higher level, candidates must use the findings from their investigations to explain two possible ways that the identified contemporary food issue might influence the food choices of consumers in the brief/scenario.

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### Section 3: General comments

There was a very high standard of candidate evidence submitted, the majority of which had been correctly judged by assessors. Centres are reminded that live candidate evidence should be submitted for verification, not a photocopy. All assessment evidence at that point should be submitted for verification, not just those which are complete or which have met the Assessment Standards. A number of centres provided evidence for one or two complete Units for verification, which ensured that beneficial and supportive feedback could be provided. All centres are encouraged to follow this good practice if selected for verification.

Excellent use had been made by many centres of the Candidate Assessment Record (or similar), to clearly show why assessment judgements have been made. For each candidate, centres should make very clear at what point the assessment judgment has been made, ie with a tick, commentary or stamp. If assessors do not wish to write on a candidate's work, then they should add a brief commentary or sticky note that clearly shows why the candidate has met or not met the Assessment Standard.

Centres are encouraged to make full use of column 4 of the judging evidence tables in the UASPs, together with the exemplified materials on SQA's secure site, to support them when making assessment judgements.

Many centres had adopted a thorough approach to internal verification which went beyond cross-marking, eg notes of meetings to discuss approaches to assessment, minutes of meetings where candidates' work was discussed in detail. Where an assessor feels the candidate has not met an Assessment Standard, this should be internally verified before the re-assessment activity, to ensure the judgement is in line with national standards. Further advice and guidance on IV can be found in the SQA Internal Verification Toolkit which is available on the SQA website at [www.sqa.org.uk/IVtoolkit](http://www.sqa.org.uk/IVtoolkit).

The verification team has identified a number of pieces of candidate evidence for exemplification purposes, which can be accessed and used in centres to provide further guidance and support. These will be made available on the Understanding Standards page of SQA's secure site.