

Task D Grading Criteria Introduction to healthier foods and special diets

Pass	Merit	Distinction
The candidate has	The candidate has achieved everything at pass grade and	The candidate has achieved everything at pass and merit grade and
<p>in general terms shown the physical benefits of healthy ingredients and the consequences of not including healthy ingredients in the diet. <input type="checkbox"/></p>	<p>made some links between the specific ingredients and the benefits or consequences. <input type="checkbox"/></p>	<p>shown an understanding of how the differences in diet may have consequences on lifestyle that go beyond obvious health benefits. <input type="checkbox"/></p>
<p>given a straightforward answer on the benefit to the restaurant <input type="checkbox"/></p>	<p>adapted the dish adding additional healthy ingredients to make a new (although still similar) dish that is much healthier. The new dish has hit more guidelines as a result of good knowledge of the guidelines <input type="checkbox"/></p>	<p>included ideas on how this particular dish created will attract custom <input type="checkbox"/></p>
<p>shown an understanding of the term healthier ingredient by substituting straightforward, appropriate alternative ingredients to make a healthier version of the dish chosen <input type="checkbox"/></p>	<p>used a variety of sources to find information on guidelines and possibly other healthy eating sources. <input type="checkbox"/></p>	<p>designed a dish that is likely to be very pleasing to eat adding additional touches through garnishes or accompaniments that are also healthy. The dish is likely to be visually appealing <input type="checkbox"/></p>
<p>correctly matched to the nutritional guideline met <input type="checkbox"/></p>		<p>may have included information on cooking methods that have preserved nutritional value <input type="checkbox"/></p>
<p>made some basic additional suggestions that meet guidelines <input type="checkbox"/></p>		<p>used a wide variety of sources. <input type="checkbox"/></p>
<p>noted one appropriate source of information on guidelines. <input type="checkbox"/></p>		