

Health and Social Care

OCR J811/J821 Unit R029 Level 1/Level 2

Cambridge Nationals Certificate/Diploma in Health and Social Care

Unit Recording Sheet

Please read the instructions printed at the end of this form. One of these sheets, suitably completed, should be attached to the assessed work of each candidate.											
Unit Title	Understanding the nutrients needed for good health				Unit Code	R029	Session	Jan / June	Year	2 0	
Centre Name							Centre Number				
Candidate Name							Candidate Number				
Criteria							Teacher Comments		Mark	Page No.	
LO1: Know the dietary needs of individuals in each life stage ¹											
MB1: 1 - 3 marks		MB2: 4 - 6 marks		MB3: 7 - 9 marks							
Demonstrates basic knowledge of the nutritional requirements of the different life stages (young people, adults and older people) with limited reference to the function of each nutrient.		Demonstrates sound knowledge of the nutritional requirements of the different life stages (young people, adults and older people) with detailed reference to the function of each nutrient.		Demonstrates thorough knowledge of the nutritional requirements of the different life stages (young people, adults and older people) with comprehensive reference to the function of each nutrient.							
[1 2 3]		[4 5 6]		[7 8 9]							
MB1: 1 - 4 marks		MB2: 5 - 8 marks		MB3: 9 - 11 marks							
Provides a limited description of government guidelines and dietary requirements. There will be some errors in spelling, punctuation and grammar.		Provides a detailed description of government guidelines and dietary requirements. There will be minor errors in spelling, punctuation and grammar.		Provides a thorough description of government guidelines and dietary requirements. There will be few , if any, errors in spelling, punctuation and grammar.							
[1 2 3 4]		[5 6 7 8]		[9 10 11]							

Criteria			Teacher Comments	Mark	Page No.
LO2: Be able to create dietary plans for specific dietary needs ²					
MB1: 1 - 4 marks	MB2: 5 - 7 marks	MB3: 8 - 10 marks			
Makes limited references to the factors that influence diet. Creates a basic dietary plan that enables the learner to partly meet the needs of individuals. [1 2 3 4]	Makes detailed references to the factors that influence diet. Creates a sound dietary plan that enables the learner to mostly meet the needs of individuals. [5 6 7]	Makes thorough references to the factors that influence diet. Creates a detailed dietary plan that enables the learner to fully meet the needs of individuals. [8 9 10]			
MB1: 1 - 4 marks	MB2: 5 - 7 marks	MB3: 8 - 10 marks			
The plan includes basic information on how it reflects the needs of the individual and their conditions, and how it can address their conditions and symptoms. It shows basic understanding of the importance of nutrients and their functions to the individual and limited reference to the main nutrients required in the diet and sources described in a basic way. There is some understanding of the importance of a balanced diet. Draws upon limited skills/knowledge/understanding from other units in the specification [1 2 3 4]	The plan includes clear information on how it reflects the needs of the individual and their conditions, and how it can address their conditions and symptoms. It shows a sound understanding of the importance of nutrients and their functions to the individuals and some relevant references to the main nutrients required in the diet and sources described in a clear manner. There is clear understanding of the importance of a balanced diet. Draws upon some relevant skills/knowledge/understanding from other units in the specification. [5 6 7]	The plan includes detailed information on how it reflects the needs of the individual and their conditions, and how diet and food choices can address their conditions and symptoms. It shows a thorough understanding of the importance of nutrients and their functions to the individual and many relevant references to the main nutrients required in the diet and sources described in a detailed and coherent manner. There is detailed information of how to achieve a balanced diet. Clearly draws upon relevant skills/knowledge/understanding from other units in the specification. [8 9 10]			

Criteria				Teacher Comments	Mark	Page No.
LO3: Be able to produce nutritional meals for specific dietary requirements³						
MB1: 1 - 4 marks		MB2: 5 - 7 marks				
Selection of ingredients demonstrates basic consideration of dietary requirements and nutritional value. Carries out a basic analysis of the meal, with limited reference to government dietary guidelines and meeting the specific dietary needs of the individual. <div style="text-align: right;">[1 2 3 4]</div>		Selection of ingredients demonstrates some consideration of dietary requirements and nutritional value. Carries out a detailed analysis of the meal with some reference to government dietary guidelines and meeting the specific dietary needs of the individual. <div style="text-align: right;">[5 6 7]</div>		Selection of ingredients demonstrates thorough consideration of dietary requirements and nutritional value. Carries out a thorough analysis of the meal with comprehensive reference to government dietary guidelines and meeting the specific dietary needs of the individual. <div style="text-align: right;">[8 9 10]</div>		
MB1: 1 - 4 marks		MB2: 5 - 7 marks				
Creates a meal with some support and guidance which meets a few of the dietary needs of the individual. Follows hygiene and safe food preparation procedures with some support. <div style="text-align: right;">[1 2 3 4]</div>		Creates a meal with minimal support and guidance which meets some of the dietary needs of the individual. Follows hygiene and safe food preparation procedures with minimal support. <div style="text-align: right;">[5 6 7]</div>		Creates a meal independently which meets most of the dietary needs of the individual. Consistently and effectively follows hygiene and safe food preparation procedures independently . <div style="text-align: right;">[8 9 10]</div>		
Total/60						
If this is a re-sit, please tick		Session and Year of previous submission		Jan / June	2 0	Please tick to indicate this work has been standardised internally

Please note: This form may be updated on an annual basis. The current version of this form will be available on the OCR website (www.ocr.org.uk).

Guidance on Completion of this Form

- 1 **One** sheet should be used for each candidate.
- 2 Please ensure that the appropriate boxes at the top of the form are completed.
- 3 Please enter *specific* page numbers where evidence can be found in the portfolio, and where possible, indicate to which part of the text in the mark band the evidence relates.
- 4 Circle the mark awarded for each strand of the marking criteria in the appropriate box and also enter the circled mark in the final column.
- 5 Add the marks for the strands together to give a total out of 60. Enter this total in the relevant box.