FEDERAL BOARD OF INTERMEDIATE AND SECONDARY EDUCATION
SECTOR H-8/4, ISLAMABAD

PRE-HOME ECONOMICS

ASSESSMENT MANUAL FOR PRACTICAL OF

FUNDAMENTALS OF FOODS & NUTRITION HSSC-I

SCHEME OF STUDIES 2024

FEDERAL BOARD OF INTERMEDIATE AND SECONDARY EDUCATION
H-8/4, ISLAMABAD

Assessment Manual for Practical
HSSC-I
Fundamentals of Foods & Nutrition

Purpose:

- This **Assessment Manual** ensures **standardized marking** for all students.
- Faculty can **tick/check and assign marks** during exams.
- Students know **exactly what is expected** from them.
- This format provides **clarity, fairness, and transparency** for both faculty and students.

Section I – Theory Paper Assessment (80 Marks)

Component	Criteria	Max Marks
MCQs	Knowledge recall, basic concepts	16
Short Answer Questions	Comprehension, application, clarity	40
Long Essay / Analytical- based	Depth of understanding, analysis, Clarity of subject.	24
Total Theory		80

Section II – Practical Assessment (20 Marks)

A. Practical manual /Portfolio (6 Marks)

Criteria	Max Marks
Portfolio: Consisting following ***practicals*** in terms of relevance, completeness and accuracy. These tasks / practicals will be performed and kept record by the students during complete academic year.	6

LIST OF PRACTICALS

S#	Practicals	Mapping with SLO's
1.	Meal Planning	FFN- 1 1-A-04: Illustrate five basic food groups using Food Pyramid'My Plate models. FFN-11-A-06: Identify the consequences of poor dietary practices. FFN-I I-A-07: Demonstrate the ability to apply knowledge of nutrients in simple diet-planning exercises
2.	Plan meal for adolescents, infants, school going child, pregnancy and lactation	FFN-I I-C-02:Nutritional requirements during pregnancy and lactation_ FFN-11-C-03: Describe dietary needs of infants and children. FFN-I I-C-04: Suggest healthy practices for weaning and early childhood nutrition FFN-11-C-06: Relate adolescence dietary habits to long-term health
3.	Identify deficiencies among the peer group and recommend dietary	FFN-I I-A-03.- Explain micronutrients (i.e. water-soluble vitamins. fat soluble vitamins) and mmerals (Calcium. Iron:

	modification	Magnesium. Phosphorous) and their role in health
4.	Preparation and canning of jams, jellies, marmalades and pickles	FFN-11-B-04: Describe householdlevel food preservation methods FFN-11-E-04: Interpret simple food labels for basic ingredients.
5.	Collect food labels of different brands analyze nutritional facts	FFN-11-E-04: Interpret simple food labels for basic ingredients
6.	Make Pamphlet/ poster for community awareness on nutritional problems i.e malnutrition, food security.	FFN-11-F-02: Identify links between diet and lifestyle diseases
7.	Detection of Organic Compound	FFN-11-F-03: 1Explain simple biochemical reactions related to food e. hydrolysis: oxidation). FFN-11-F-04: Recognize nutritional importance of water in metabolism
8.	Recognize nutritional importance of water in metabolism	FFN-11 -D-05 Recognize nutritional importance of water in metabolism

Verification Level:

1. Subject Teacher/Instructor and HOD/Principal with Name, Signature & Stamp.
2. Countersigned by the External Examiner.

B. Viva Voce (4 Marks)

Criteria	**Max marks**
Questions based on Theoretical knowledge, practical execution.	4
Note: Only four questions will be asked, each question carry one mark	

A. On-Spot Practical (10 Marks)

Criteria	**Max Marks**
Meal planning	4
Preparation of recipe/Preservation technique	4
Presentation	2
Total practical	10

	Practicals
1.	Meal Planning
2.	Plan meal for adolescents, infants, school going child, pregnancy and lactation
3.	Identify deficiencies among the peer group and recommend dietary modification
4.	Preparation and canning of jams, jellies, marmalades and pickles
5.	Make Pamphlet/ poster for community awareness on nutritional problems i.e malnutrition, food security.
6.	Detection of Organic Compound

Note: On-Spot, two questions will be given by the external examiner from the list of six practicals given above.

Practical Examination Team Structure

To ensure **transparency, reliability and validity**. Students will be evaluated by **minimum two qualified external examiners**, preventing bias.

1. External Examiner

Role: To ensure transparency, reliability and validity. Students will be evaluated by single qualified external examiners.

Responsibilities:

- Oversees the **entire practical exam process**.
- Ensures exams are conducted **according to policy**.
- Countersigned by the external examiner.
- Evaluates **hands-on practical skills**.
- Signs off on the **final mark sheets**.
- Maintains fairness and addresses student/examiner issues if they arise.
- Viva voce questions may be asked as per above mentioned policy.
- Special attention may be given to the availability of the lab equipment relevant to projects

2. Supporting Staff (Internal)

Lab Assistant and attendant

- Prepares lab/, equipment.
- Assist assistant examiners in maintaining of Projects/portfolio folders.

Lab attendant

- Serve external examiners.
- Assist lab assistant in preparation of labs.

Model Paper
Fundamentals of Foods and Nutrition HSSC-1

Time Allowed: 3 Hours **Marks: 20**

Note: Students will bring their own material for practical

Attempt all questions		
1	Plan a day's menu for school going child keeping in mind the nutritional needs.	**4**
2	Prepare and present apple jam and preserve it by using appropriate technique	**4+2**

Note:

1. **Six (6) marks are allocated for portfolio given in the assessment manual for practical**
2. **Four (4) marks allocated for Viva Voce questions as per the instructions given in the manual.**