

PICTON HIGH SCHOOL

Creating Opportunities Achieving Success



Year 12 Food Technology

Due Date: Food Order + Written Component (Part 1 and 2) + Presentation of Strategy (Part 4) - Week 8 - Monday 27th November Practical Component (Part 3): Allocated practical lesson during Week 9 (Thursday 7th December)	Assessment Name: Contemporary Nutrition Issues
Mark: ____ / 70	Weighting: 40%

TASK DESCRIPTION:

Part 1: Case Study/Poster

Choose one of the following groups in society who require specific nutritional considerations:

Adolescent Girls	Pregnant/Lactating women	Post-menopausal women	The Elderly
Adult Men	Aboriginal and Torres Strait Islander people	Vegetarians	Children

Select one of the following conditions which impact on your focus group selected above

Osteoporosis	Type 2 Diabetes	Hypertension
Dental Caries	Anaemia	Cardiovascular Disease

Investigate this group's current health status in Australia;

- Discuss the nutritional needs of this group. (5 Marks)
- Identify the prevalence of the condition in the Australian population (2 Marks)
- Describe the physical effects of the condition (what happens to the body) (4 Marks)
- Explain the nutritional implications (consequences) of this condition (4 Marks)
- Identify the types of food which should be consumed and those which should be avoided. Justify reasons for your responses (5 Marks)
- Identify two nutritionally modified foods which are specifically marketed to your chosen group – include pictures. Evaluate the benefits of each of these food items. (10 Marks)

The above information needs to be presented in a **POSTER FORM**. The poster should be both interesting and educational. (The ideal locale for your poster would be a medical center or waiting room of a dietitian, dentist or nutritionist.)

Part 2: Meal Plan

(a) Construct a daily meal plan to address the dietary requirements of the group you investigated in Part A. Use the Australian Guide to Healthy Eating to form the basis for your diet. Include the following:

- Breakfast

Check your assessment booklet for the PHS Assessment Policy

- Morning tea
- Lunch
- Afternoon tea
- Dinner

(b) *Justify* the choices you have made your diet plan in relation to the specific nutritional needs your focus group (0.5- 1 page).

Part 3: Practical Application

Select **one** menu item (Breakfast, Lunch or Dinner) from your developed meal plan (Part B).

(a) Develop a recipe for your chosen menu item. If you choose breakfast or lunch, your dish needs to demonstrate multiple cooking techniques and/or accompaniments).

(b) Submit a food order and equipment list for one serve of your chosen menu item. (Due Earlier- Week 8)

(c) During an allocated practical lesson, you will be required to prepare and present **one serve** of your recipe which address the dietary requirements of the group you investigated.

Part 4: Nutritional Strategy

(a) *Construct* a sample bag that could be used as a strategy to promote optimum health through good nutrition for the group you have researched in Part A.

(b) **Present your strategy** to promote optimum health and discuss your menu item (that you have selected to produce in the practical) **in a 3-minute presentation**. During the presentation will be required to *explain* the suitability of your menu item and sample bag in relation to your focus group.

Bibliography

A bibliography must be included as part of your submission which references each source of information (books, websites, newspaper articles etc) used in the completion of the task. This is to be completed on a separate page and submitted as part of the case study.

SYLLABUS OUTCOMES TO BE ASSESSED:

- H2.1 Evaluates the relationship between food, its production, consumption, promotion and health
 H3.2 Independently investigates contemporary food issues
 H5.1 Develops, realises and evaluates solutions for a range of food situations

DIRECTIVES TO BE ASSESSED:

Construct: Make; build; put together items or arguments

Describe: Provide characteristics and features

Discuss: Identify issues and provide points for and/or against

Explain: Relate cause and effect; make the relationships between things evident; provide why and/or how

Identify: Recognise and name

Justify: Support an argument or conclusion

ASSESSMENT CRITERIA AND STUDENT CHECKLIST

- Have you chosen a focus group and a disease that work together?
- Have you completed a poster that would be presentable for a doctor, dentist, nutritionist office?
- Have you completed all of the questions on the poster?
- Have you included sufficient images on your poster?
- Have you constructed a daily diet for your chosen group which focuses on food for that disease? Have you justified your menu?
- Have you created a recipe for one serving (recipe needs to be from your menu)?
- Have you completed a food order?
- Have you practised your menu item in preparation of the practical lesson?
- Have you created a sample bag for your chosen group that provides items that old benefit your group?
- Have you created a speech that would be used to deliver your strategy and menu item to the class for the given date?

Marking Guidelines/ Criteria

Part 1: Poster

Outcome: H3.2 Questions A-E

Outcome H2.1 Question F

Guidelines / Criteria	Marking
<ul style="list-style-type: none"> - Develops an outstanding poster which provides a detailed overview of the specific nutritional considerations of a group within society. - Presents a detailed discussion of the nutritional needs of the chosen group. - Identifies the prevalence of identified condition within the population - Presents a detailed description of the physical effects of the condition. - Presents a detailed explanation of the nutritional implications of the condition. - Clearly identifies the types of food that should be consumed and avoided based on chosen group and condition. Clear and detailed justification of foods that should be consumed and avoided included. - Identifies two nutritionally modified foods which are specifically marketed to chosen group – includes pictures. -Provides a detailed evaluation of the benefits of each of these food items. -Evidence of a variety of data sources – Bibliography 	<p>Outstanding</p> <p>26-30</p>
<ul style="list-style-type: none"> - Develops a detailed poster which provides a thorough overview of specific nutritional considerations of a group within society. - Clearly discusses of the nutritional needs of chosen group. -Identifies the prevalence of identified condition within the population. - Describes the physical effects of the condition. - Explains the nutritional implications of the condition. -Clearly identifies the types of food that should be consumed and avoided based on chosen group and condition. Explanation of foods that should be consumed and avoided included. - Identifies two nutritionally modified foods which are specifically marketed to chosen group – includes pictures. -Evaluates the benefits of each of these food items -Evidence of a variety of data sources – Bibliography 	<p>High</p> <p>19-25</p>
<ul style="list-style-type: none"> - Develops a poster which provides a sound overview of the nutritional considerations of a group within society. - Identifies the prevalence of identified condition within the population - Identifies/lists the physical effects of the condition. -Describes/lists the nutritional implications of the condition. -Identifies the types of food that should be consumed and avoided based on chosen group and condition. Description of foods that should be consumed and avoided included. - Identifies two nutritionally modified foods which are specifically marketed to chosen group – includes pictures. -Describes the benefits of each of these food items. -Evidence of some data sources – Bibliography 	<p>Sound</p> <p>13-18</p>
<ul style="list-style-type: none"> - Develops poster which provides a basic overview of specific nutritional considerations of a group within society. -Presents some facts related to the nutritional considerations of a group within society. - Limited information related to the prominence of identified condition within the population - Describes/lists the nutritional implications of the condition. -Identifies the types of food that should be consumed and avoided based on chosen group and condition. Lists/outlines foods that should be consumed and avoided. - Identifies two nutritionally modified foods which are specifically marketed to chosen group – includes pictures. -Identifies/lists some benefits of each of these food items. -Little use of factual material to support generalisations. – Limited Bibliography 	<p>Basic</p> <p>7-12</p>
<ul style="list-style-type: none"> - Limited information related to the nutritional considerations of a group within society. - Completely irrelevant information - Large amounts of generalisations. 	<p>Limited</p>

- Has few to no relevant points in answer. Has few to no relevant points in answer. – No bibliography	0-6
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Part 2: Daily Meal Plan

Outcome H5.1

Guidelines / Criteria	Marking
-Daily meal plan is complete and address the dietary requirements of the group investigated in Part A. -Provides a detailed justification of food selected that demonstrates a clear connection to the nutritional needs of group selected. -Justification includes relevant examples and uses appropriate terminology.	Outstanding 9-10
-Daily meal plan is complete and address the dietary requirements of the group investigated in Part A. - Justifies food selected by making connections to the nutritional needs of group selected. -Justification includes relevant examples and uses appropriate terminology.	High 7-8
-Daily meal plan is complete and address the dietary requirements of the group investigated in Part A. - Justifies food selected by making connections to the nutritional needs of group selected. -Justification includes relevant examples and uses some appropriate terminology.	Sound 5-6
-Daily meal plan is incomplete and address some of dietary requirements of the group investigated in Part A. - Justifies food selected by making connections to the nutritional needs of group selected. - Includes some relevant examples or uses appropriate terminology.	Basic 3-4
- Limited/ missing daily meal plan. - Completely irrelevant information - Large amounts of generalisations. - Has few to no relevant points in answer	Limited 0-3

Part 3: Practical Application

Outcome H5.1

Guidelines / Criteria	Marking
-Food order and equipment list are complete and clearly lists all of the required ingredients and equipment required to produce one serve of menu item. -Produces an outstanding food product which is visually appealing and is suitable for chosen group.	Outstanding 9-10
-Food order and equipment list are mostly complete with some information missing. -Completed food product is visually appealing and suitable for chosen group.	High 7-8
-Food order and equipment list are mostly complete with some information missing. -Completed food product is visually appealing and suitable for chosen group.	Sound 5-6
- Food Order equipment list is incomplete/ missing - Completed food product is not visually appealing and/or suitable for chosen group.	Basic 3-4
-Food Order/ equipment list is incomplete/ missing and/ or practical not attempted.	Limited 0-3

Part 4: Nutrition Strategy

Outcome H2.1

Guidelines / Criteria	Marking
-Constructs a detailed sample bag which contains a variety of information sources and suitable products to promote optimum health through good nutrition of the group identified in Part A -Presents a clear and detailed 3-5-minute explanation of how the produced menu item and sample bag can be used to promote optimum health through good nutrition of a group. -Explanation includes relevant examples and uses appropriate terminology.	Outstanding 18-20
-Constructs sample bag which contains a variety of information sources and suitable products to promote optimum health through good nutrition of the group identified in Part A -Presents a clear 3-5-minute explanation of how the produced menu item and sample bag can be used to promote optimum health through good nutrition of a group. -Explanation includes relevant examples and uses appropriate terminology.	High 13-17
-Constructs a detailed and complete sample bag which contains information, and/ or products to promote optimum health through good nutrition of the group identified in Part A -Presents a 3-5-minute explanation that makes some connections to the nutritional needs of the group selected. -Explanation includes relevant examples and uses some appropriate terminology.	Sound 9-12
-Sample bag is incomplete and contains limited information and or products to address some of dietary requirements of the group investigated in Part A. - Explanation makes some connections to the nutritional needs of group selected.	Basic 6-8
- Limited/ missing nutritional strategy to promote optimal health. - Completely irrelevant information - Large amounts of generalisations. - Has few to no relevant points in answer	Limited 0-4

Outcome 2.1	/30
Outcome 3.2	/20
Outcome 5.1	/20

Comments

[illegible]