



## YEAR 12 FOOD TECHNOLOGY

### CONTEMPORARY NUTRITION ISSUES

|                         |  |
|-------------------------|--|
| <b>Due Date:</b> Week 6 | <b>Assessment Name:</b> Contemporary food issues |
| <b>Mark:</b> /80        | <b>Weighting:</b> 25%                            |

Part one due 14/05, Part two due 21/05, Part three due 28/05, Part four due 04/06

#### 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:

**Investigate** – plan, inquire into and draw conclusions about

In this task students learn to:

- Independently investigate and report on the health of a group in Australia. Develop a strategy to promote optimum health through good nutrition in this group.
- Describe the relationship between nutrient intake and dietary disorders.
- Plan diets and prepare foods/meals to address the dietary requirements of specific group.

## Part One: Case Study:

### Explanation of the task:

You will use your knowledge of promoting good health and research material to investigate and report on promoting optimum health for a specific group in our society.

Carefully consider the article below, and complete the questions overleaf.

## Helping overweight children

As many as 25 per cent of Australian children are overweight. Catherine Saxelby gives parents 20 tips to help their children fight fat.

1. **Clean up your act** - Set a good example by eating well yourself. Research shows the eating habits of parents are closely related to the weight of their children.
2. **Rewards** - Don't use food as a reward for good behaviour.
3. **Meal sizes** - Young kids need to eat small amounts of food and often, but that doesn't mean they should graze all day long. Stick to regular meals with a small snack in between.
4. **Drink more water** - Make water the main family drink with meals. Cordials, fruit juices and soft drinks are high in sugar and too easy to have too much of.

5. **Respect your child's appetite** - Your child's appetite will vary so allow them to determine how much they need to eat. By forcing them to eat more, they lose the ability to know how much is enough.
6. **Limit junk food** - Don't buy junk food. Keep it for special occasions.
7. **Turn off the TV** - The evidence is overwhelming — too much TV helps to make our kids overweight! Experts recommend TV viewing should be limited to a maximum of one hour per day.
8. **Monitor school food** - Find out what's available at school. If there aren't many healthy alternatives, limit tuckshop to once a week.
9. **Think long term** - Don't expect rapid weight loss. It often takes a year for your child to slim down.
10. **Snack right** - Much of the reason for kids' weight problems is that 'snack foods' are not suitable snacks — they're loaded with fat, sugar or salt.
11. **Get active** - Head outdoors to kick a ball in the backyard, go cycling or visit the park — anything to get kids moving. Have fun!
12. **Go low fat** - If your child is two or older, low-fat milk, yoghurt and cheese are suitable.
13. **Don't skip brekkie** - Overweight people tend to skip breakfast. Get your kids into the good habit of eating breakfast early on.
14. **Breastfeed** - Breastfeed your child if you can as this has been shown to protect against weight issues later in life.
15. **Strike a balance** - Don't ban any food completely. By forbidding foods, you only make them more desirable.
16. **Bust a move** - Make an effort to include physical activity in your child's life. Putting your child in charge of walking the dog every day is a good start.
17. **Tread carefully** - Don't make derogatory comments about your child's weight or shape or they may start to label themselves, thinking 'I'm a fat pig'. This will not do them any favours.
18. **Slow down** - If your schedule is so busy you often have to resort to high-fat takeaway dinners, you need to slow down. A home-cooked meal is better for everyone.
19. **Be positive** - There's lots of yummy foods your child CAN eat like fruit, breads, cereals, yoghurt, meat and eggs. Don't dwell on what they CAN'T eat.
20. **Eating to cope** - Look at when and why your child eats. Is he/she unhappy or stressed? Are they being teased at school? Kids, like adults, use food to cope with difficult times or to fill a void — it may be the reason they're too heavy.

### Questions:

- 1) Helping overweight children is written in the form of 20 brief tips. Why is it important for such nutrition advice to be easy to read?
- 2) Breakdown the above 20 tips into nutritional recommendations, non-nutritional recommendations or both. This could be done in a table form.
- 3) Make a list of 4 suitable snacks that a child should eat and explain why they would be suitable.

due on \_\_\_\_\_14<sup>th</sup> May\_\_\_\_\_

## Part Two:

### Investigation

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

|                         |   |                              |                    |
|-------------------------|---|------------------------------|--------------------|
| <b>Adolescent girls</b> | <b>Pregnant/lactating women</b>                     | <b>Post-menopausal women</b> | <b>The elderly</b> |
| <b>Adult Men</b>        | <b>Aboriginal and Torres Strait Islander people</b> | <b>Vegetarians</b>           | <b>Children</b>    |

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

|                    |                  |                        |                 |
|--------------------|------------------|------------------------|-----------------|
| Overweight/obesity | Anorexia Nervosa | Bulimia Nervosa        | Type 2 Diabetes |
| Dental Caries      | Anaemia          | Cardiovascular disease | Hypertension    |
| Osteoporosis       |                  |                        |                 |

Investigate this group's current health status in Australia and report on:

- The special nutritional needs of this group.
- Prominence in the population
- Physical effects of the condition (what happens to the body)
- Causes or nutritional implications of this condition
- Identify the types of food which should be consumed and those which should be avoided - giving reasons for your responses
- Identify two nutritionally modified foods which are specifically marketed to your chosen group - include pictures. Evaluate the benefits of each of these food items.

due on \_\_\_\_\_21<sup>st</sup> May\_\_\_\_\_

## **PART THREE:**

1. Plan a diet for a day to address the dietary requirements of your focus group. Use the Australian Guide to Healthy Eating to form the basis for your diet. Include the following:

- Breakfast
- Morning tea
- Lunch
- Afternoon tea
- Dinner
- Snacks

Justifies the choices of your diet plan in regards to your focus group (half page response).

2. From the diet you have designed, select one menu item (Breakfast, Lunch or Dinner - if you choose breakfast or lunch it needs to be complex) and include the recipe in your assessment task.

3. Complete a food order for this menu item - due on \_\_\_\_\_28<sup>th</sup> May\_\_\_\_\_

## **Part Four:**

1. Develop a strategy to promote optimum health through good nutrition for your focus group. E.g. pamphlet, video, advertising campaign, sample bag, promotional talk, web page, game or other.

2. Present your strategy and discuss your menu item (that you have selected to produce in the prac lesson) to the class on the due date, in a 3-minute presentation. At this time, you will be required to give an explanation of the suitability of your menu item in relation to your focus group. Presentation will take place on: due on \_\_\_\_\_4<sup>th</sup> June\_\_\_\_\_

| Guidelines / Criteria  | Marking   |
|--|---|
| <p><b>Outcome: 2.1 - Case Study Questions</b></p> <ul style="list-style-type: none"> <li>• Questions 1- identifies need for simplicity of nutritional advice</li> <li>• Questions 2- identifies nutritional and non-nutritional recommendations</li> <li>• Questions 3- Make a list of 4 suitable snacks that a child should eat and why</li> </ul>  | <p>2<br/>4<br/>4</p>                              |
| <p><b>Outcome 3.2 - Investigation</b></p> <ul style="list-style-type: none"> <li>• Identifies the special nutritional needs of this group.</li> <li>• Identifies prominence in the population</li> <li>• Explains the physical effects of the condition</li> <li>• Describes the causes or nutritional implications</li> <li>• Identify the types of food which should be consumed and those which should be avoided - giving reasons for your responses</li> </ul> <p><b>Outcome 2.1 - Investigation</b></p> <ul style="list-style-type: none"> <li>• Identifies two nutritionally modified foods which are specifically marketed to your chosen group - includes pictures. Evaluate the benefits of each of these food items.</li> </ul>   | <p>5<br/>2<br/>4<br/>4<br/>5</p> <p>10</p>        |
| <p><b>Outcome 5.1 - Diet design</b><br/>Create a diet for the identified condition.<br/>Diet consists of:</p> <ul style="list-style-type: none"> <li>• Breakfast, lunch and dinner, plus snacks</li> <li>• Follows the recommendations of the Australian Guide to Healthy Eating (correct serving size, provides a variety of food choices)</li> <li>• Justifies the choice of diet plan (written statement as to why your diet plan is suitable for identified condition)</li> <li>• Selected one menu item and included the recipe in your assessment task.</li> <li>• Includes a food order sheet</li> </ul> <p><b>Outcome 5.1 - Oral presentation</b></p> <ul style="list-style-type: none"> <li>• Developed a strategy to promote optimum health through good nutrition for your focus group. (poster pamphlet, video, sample bag, game, etc)</li> <li>• Explain the suitability of your menu item and the development of your strategy in relation to your focus group.</li> </ul> | <p>4<br/>4<br/>5<br/>1<br/>1</p> <p>15<br/>10</p> |

**Check your assessment booklet for the PHS Assessment Policy**