

Student Name: \_\_\_\_\_

**Georges River College**  
**Peakhurst Campus**  
Year 10 – Food Technology



**Theory Due Date:** Week 10 | Friday, 1<sup>st</sup> April submit through Google Classroom **by 5pm.**

**Practical Due Dates:**

**Mrs Seidel:** 10FTZ1 -

**Mrs Willis:** 10FTZ2 -

**Mrs Amado:** 10FTY -

**Mrs Tzoumas:** 10FTZX -

<b>Faculty:</b> Technological and Applied Studies (TAS)	<b>Course:</b> Food Technology
<b>Topic/Unit:</b> Food For Specific Needs & Food Selection & Health	<b>Theory:</b> 15% <b>Practical:</b> 10%
<b>Tasks to be submitted and weightings</b> <ul style="list-style-type: none"><li>● Task A: Extended response – 10%</li><li>● Task B: Meal plans for seven days – 5%</li><li>● Task C: Practical Component – 10%</li></ul>	A mark of zero will be awarded for late submissions without a medical certificate presented to your classroom teacher.
<b>Outcomes to be assessed:</b> <ul style="list-style-type: none"><li>● demonstrates hygienic handling of food to ensure a safe and appealing product FT5-1</li><li>● describes the relationship between food consumption, the nutritional value of foods and the health of individuals and communities FT5-6</li><li>● justifies food choices by analysing the factors that influence eating habits FT5-7</li><li>● collects, evaluates and applies information from a variety of sources FT5-8</li><li>● communicates ideas and information using a range of media and appropriate terminology FT5-9</li><li>● selects and employs appropriate techniques and equipment for a variety of food-specific purposes FT5-10</li><li>● plans, prepares, presents and evaluates food solutions for specific purposes FT5-11</li><li>● evaluates the impact of activities related to food on the individual, society and the environment FT5-13</li></ul>	
<b>Suggested Resources:</b> <ul style="list-style-type: none"><li>● Food for Specific Needs Work Booklet and Food Selection and Health</li><li>● Better Health Channel (Fact Sheets)</li></ul>	
<b>Please complete this section and submit the page with your assessment task:</b>  This is all my own work and has not been plagiarised or copied in any way.  Student Name: _____ Signature: _____	

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## Assessment Task Description

### **TASK A – Extended Response - Food Selection and Health**

/20 marks

**An increasing number of Australians suffer diet related disorders and require specific food needs.**

Choose **ONE** of the following diet related diseases/disorders to answer the extended response question:

- **Type 2 Diabetes**
- **Obesity**
- **Hypertension**
- **Osteoporosis**
- **Coronary Heart Disease**
- **Anorexia**
- **Dental Caries**
- **Anaemia**
- **Bowel Cancer**
- **Diverticulitis**

**Question:**

*Explain the **nutritional needs** of your chosen diet related disorder and **evaluate** why these nutritional needs are required.*

Within your extended response, you are required to address the following:

- Identify who generally suffers from this disease/disorder
- Describe symptoms/effects of the disease/disorder
- Explain what contributes/causes the disease/disorder
- Explain possible ways to prevent or control the disease/disorder with a suitable balanced diet and/or medical intervention. Provide examples.
- Extended response should be a minimum of 1 A4 page, maximum of 2 A4 pages.

Student Name: \_\_\_\_\_

## **TASK B – Meal Plan      Food for Specific Needs**

/12 marks

Some people have specific food needs due to health status, lifestyle choices or religious reasons. For example an individual may be

Lactose intolerant

Gluten intolerant

A vegan

A vegetarian

For one specific food need above create a 7-day meal plan to cater for their food needs.

Ensure that breakfast, lunch, dinner, snacks, and beverages are included in all days.

Template attached (optional).

## **TASK C – Practical**

/20 marks

From your menu (Task B) choose **ONE DESSERT** to cook and present in class time.

The meal must be a dessert.

You must bring in ingredients from home.

You must prepare the food in class.

1 hour to prepare, cook, clean and present.

Briefly **justify** to your teacher why this meal is nutritious for your chosen diet related disease/disorder.

Student Name: \_\_\_\_\_

**TASK B – 7-day Meal Plan (Template)**

Specific Food Need: \_\_\_\_\_

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Morning Tea							
Lunch							
Afternoon Tea							
Dinner							
Dessert							

Student Name: \_\_\_\_\_

### Marking Criteria – TASK A Extended Response

Criteria	Mark
<ul style="list-style-type: none"> <li>● Demonstrates a comprehensive understanding of the nutritional needs of their chosen diet related disease/disorder</li> <li>● Critically analyses who generally suffers from disease/disorder and factors that contribute/cause it.</li> <li>● Extensively justifies symptoms/effects of chosen diet related disease/disorder</li> <li>● Explicitly explains the six main nutrients and their benefits for the chosen diet related disease/disorder</li> <li>● Provides highly appropriate examples of food choice to prevent or control disease/disorder</li> <li>● Presents information in a well-structured, appropriately formatted extended response layout.</li> <li>● Outstanding use of format, terminology, grammar, and punctuation</li> </ul>	<p><b>18 – 20</b></p>       <p><b>A</b></p>
<ul style="list-style-type: none"> <li>● Demonstrates a concise understanding of the nutritional needs of their chosen diet related disease/disorder</li> <li>● Analyses who generally suffers from disease/disorder and factors that contribute/cause it.</li> <li>● Accurately justifies benefits and consequences of nutritional choices</li> <li>● Clearly explains the six main nutrients and their benefits for the chosen diet related disease/disorder</li> <li>● Provides appropriate examples of food choice to prevent or control disease/disorder</li> <li>● Presents information in a well formatted layout</li> <li>● Excellent use of format, terminology, grammar, and punctuation</li> </ul>	<p><b>14 – 17</b></p>       <p><b>B</b></p>
<ul style="list-style-type: none"> <li>● Demonstrates a satisfactory understanding of the nutritional needs of their chosen diet related disease/disorder</li> <li>● Incorporates who generally suffers from disease/disorder and factors that contribute/cause it.</li> <li>● Discusses benefits and consequences of nutritional choices</li> <li>● Explains the six main nutrients and their benefits</li> <li>● Provides some appropriate examples of food choices</li> <li>● Presents information in a well formatted layout</li> <li>● Satisfactory use of format, terminology, grammar, and punctuation</li> </ul>	<p><b>9 – 13</b></p>       <p><b>C</b></p>
<ul style="list-style-type: none"> <li>● Demonstrates a basic understanding of the nutritional needs of their chosen diet related disease/disorder</li> <li>● Discusses who generally suffers from disease/disorder and a factor that contribute/cause it.</li> <li>● Lists benefits and consequences of nutritional choices</li> <li>● Discusses two-three of the main nutrients</li> <li>● Provides basic examples of food choices</li> <li>● Presents information in a typed layout</li> <li>● Basic use of terminology, grammar, and punctuation</li> </ul>	<p><b>5 – 8</b></p>       <p><b>D</b></p>
<ul style="list-style-type: none"> <li>● Demonstrates a limited understanding of the nutritional needs of their</li> </ul>	

Student Name: \_\_\_\_\_

<p>chosen diet related disease/disorder</p> <ul style="list-style-type: none"><li>● Identifies who generally suffers from disease/disorder and a factor that contribute/cause it</li><li>● Lists benefits or consequences of nutritional choices</li><li>● Lists zero-one of the main nutrients</li><li>● Limited use of terminology, grammar, and punctuation</li></ul>	<p><b>1 – 4</b></p> <p><b>E</b></p>
<p style="text-align: right;"><b>Feedback</b></p>	

**Marking Criteria – TASK B 7- day Meal Plan**

<b>Criteria</b>	<b>Mark</b>
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Student Name: \_\_\_\_\_

<ul style="list-style-type: none"> <li>● 7-day meal plan completed to an outstanding standard, representing all required nutritional needs</li> <li>● Thoughtfully considered and incorporated a variety in colour, flavour and texture into meal plan</li> <li>● Includes all meals (breakfast, lunch, dinner, snacks, beverages)</li> <li>● Meals are suitable and accurately described in excellent detail</li> </ul>	<p><b>11 – 12</b></p> <p><b>A</b></p>
<ul style="list-style-type: none"> <li>● 7-day meal plan completed to a high standard, representing all required nutritional needs</li> <li>● Appropriately incorporated a variety in colour, flavour and texture into meal plan</li> <li>● Includes all meals (breakfast, lunch, dinner, snacks, beverages)</li> <li>● Meals are suitable and described in good detail</li> </ul>	<p><b>8 – 10</b></p> <p><b>B</b></p>
<ul style="list-style-type: none"> <li>● 7-day meal plan completed to a satisfactory standard, representing all required nutritional needs</li> <li>● Attempted to incorporate a variety in colour, flavour and texture into meal plan</li> <li>● Includes all meals (breakfast, lunch, dinner, snacks, beverages)</li> <li>● Meals are described in detail</li> </ul>	<p><b>5 – 7</b></p> <p><b>C</b></p>
<ul style="list-style-type: none"> <li>● Meal plan missing days or inconsistent</li> <li>● Included basic variety in colour and flavour into meal plan</li> <li>● Includes some meals (breakfast, lunch, dinner)</li> <li>● Meals are listed, details missing</li> </ul>	<p><b>2 – 4</b></p> <p><b>D</b></p>
<ul style="list-style-type: none"> <li>● Meal plan is incomplete</li> <li>● Included limited variety</li> <li>● Includes limited meals</li> <li>● Meals are listed, details incomplete</li> </ul>	<p><b>0 – 1</b></p> <p><b>E</b></p>
<p><b>Feedback</b></p>	

**Marking Criteria – TASK C Practical**

**RECIPE:** \_\_\_\_\_

Criteria	Mark
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Student Name: \_\_\_\_\_

<ul style="list-style-type: none"> <li>● Fully prepared for lesson – ingredients, recipe, apron, leather shoes, hygienic (hair tied back, hands washed)</li> <li>● Recipe includes all components of the brief</li> <li>● High degree of difficulty and appropriate food choice</li> <li>● Outstanding food skills and techniques used accurately</li> <li>● Independent work – no help or advice given</li> <li>● Outstanding time management and bench space operation</li> <li>● Display excellent standards of safety at all times</li> </ul>	<p><b>42 – 50</b></p> <p><b>A</b></p>
<ul style="list-style-type: none"> <li>● Fully prepared for lesson – ingredients, recipe, apron, leather shoes, hygienic (hair tied back, hands washed)</li> <li>● Recipe includes all components of the brief</li> <li>● Good degree of difficulty and appropriate food choice</li> <li>● Excellent food skills and techniques used accurately</li> <li>● Independent work</li> <li>● Excellent time management and bench space operation</li> <li>● Display high standards of safety at all times</li> </ul>	<p><b>30 – 41</b></p> <p><b>B</b></p>
<ul style="list-style-type: none"> <li>● Prepared for lesson – ingredients, recipe, apron, leather shoes</li> <li>● Recipe includes most components of the brief</li> <li>● Satisfactory degree of difficulty</li> <li>● Satisfactory food skills and techniques used</li> <li>● Independent work with some assistance</li> <li>● Good time management and bench space operation</li> <li>● Satisfactory hygiene and safety skills used</li> </ul>	<p><b>22 – 29</b></p> <p><b>C</b></p>
<ul style="list-style-type: none"> <li>● Unprepared for lesson – missing ingredients, recipe, apron, leather shoes</li> <li>● Recipe does not appropriately meet the brief</li> <li>● Basic degree of difficulty</li> <li>● Basic food skills used with limited techniques</li> <li>● Assistance required to complete recipe</li> <li>● Poor time management and bench space operation</li> <li>● Poor hygiene and safety skills used</li> </ul>	<p><b>11 – 21</b></p> <p><b>D</b></p>
<ul style="list-style-type: none"> <li>● Unprepared for lesson</li> <li>● Recipe does not meet the brief</li> <li>● Limited food skills displayed</li> <li>● High level of assistance required</li> <li>● Poor time management and bench space operation</li> <li>● Poor hygiene and safety skills used</li> </ul>	<p><b>0 – 10</b></p> <p><b>E</b></p>
<b>TOTAL</b>	<b>/50</b>