



GRC- Peakhurst Campus Assessment Task Notification

Year and Course

Year 10 Food Technology

Date

Week 10

Theory due by Friday 1st April submitted on google classroom by 5pm

Ms Testa – Prac Date -

Mrs Seidel- Prac Date -

Mrs Willis – Prac Date -

Mrs Tzoumas – Prac Date -

Weighting

20 %

Equipment required

You must bring in your own food for the practical component of the task

Topic Assessed

Foods for Special Needs and Food Selection and Health

Outcomes assessed

Outcomes to be assessed

1. demonstrates hygienic handling of food to ensure a safe and appealing product FT5-1
2. describes the relationship between food consumption, the nutritional value of foods and the health of individuals and communities FT5-6
3. collects, evaluates and applies information from a variety of sources FT5-8
4. communicates ideas and information using a range of media and appropriate terminology FT5-9
5. plans, prepares, presents and evaluates food solutions for specific purposes FT5-11
6. evaluates the impact of activities related to food on the individual, society and the environment FT5-13

Absentee Procedures

If you are absent on the day the task is due, upon your return to school you must present a Doctor's Certificate to your Class Teacher or the Head Teacher explaining your absence, otherwise a mark of zero may be awarded. You will be required to complete the task to avoid a N award.

Resources

Resources

Websites for

- Better Health Channel Victoria-good fact sheets
- Taste- good for recipes
- Heart Foundation Australia
- Diabetes Australia
- Food Tech Focus Textbook

Name _____

Task 1

Research Task

You have been commissioned by the Australian Government to produce a piece of educational material to inform the Australian public about a diet related disease/ disorder and to persuade them why it is important to develop and maintain a nutritional and healthy diet. Based on the research you have conducted produce as a pamphlet/ leaflet/ (no more than 2 pages double sided) on one of the following diet related diseases-

- Type two diabetes
- Obesity
- Hypertension
- Osteoporosis
- Coronary heart disease
- Anorexia
- Dental caries
- Anaemia
- Bowel Cancer
- Diverticulitis

Your leaflet/pamphlet must be

- look professional
- computer generated
- factual, concise and up to date
- Answers all requirements listed below
- easy to read
- use Australian data/information
- use good grammar
- well formatted
- visually appealing-
- in your own words
- acknowledge the research and data of others
- include at least two images

Requirements – to be answered in leaflet/pamphlet- cross off as you have completed the task	Marks	Mark
<ul style="list-style-type: none"> Name the disease/ disorder 	1	
<ul style="list-style-type: none"> Define or provide a brief definition of the disease/disorder 	1	
<ul style="list-style-type: none"> Identify who generally suffers from this disease/ disorder Describe the symptoms / effects of the disease/disorder Explain what contributes/ causes to the disease/ disorder Explain possible ways how the disease/ disorder can be prevented and or controlled with a suitable balanced diet and or medical intervention. Give examples <p><i>(note you have to address all areas but they do not each have to have the same amount of information)</i></p>	12	
<ul style="list-style-type: none"> Identify one organisations/ support network that can assist sufferers of the disease 	1	
<ul style="list-style-type: none"> Include a current Australian Food guide to help select healthy foods e.g. Healthy Eating Pyramid or Australian Guide to Healthy Eating 	1	
<ul style="list-style-type: none"> Presentation of the pamphlet/ leaflet Logical, attractive and easy to read, good grammar Relevant graphics/ images with captions – at least 2 appropriate images 	2	
<ul style="list-style-type: none"> Bibliography Correctly acknowledged (check your diary) 	2	
Total	20	
Feedback		

NAME _____

Task 2	Research Task
<p>Produce a recipe card suitable for an individual suffering from the disease you have chosen.</p> <p>The recipe should include an image and be easy to follow.</p> <p>On the back of the card explain how your recipe may help to prevent the disease you have researched.</p> <p>Note you will need to produce this recipe in class so it should be under 30 minutes in cooking and preparation time</p>	

Requirements	Marks	Mark
Produce a recipe card suitable for an individual suffering from the disease you have chosen <ul style="list-style-type: none">• Easy to read.• Has an suitable to image• Visually appealing• Source acknowledged	7	
Explain how your recipe may help to prevent the disease you have researched.	3	
Total	10	
Feedback		

Name _____ Dish _____

Task 3 Practical Task

- Prepare and present a recipe in class that is suitable for someone who is suffering your chosen disease. (same recipe as recipe card)

The practical component will be marked on the following criteria

- You have 30 minutes to cook.
- You are required to bring in the ingredients from home.

Marking Criteria

Prepared for task- food and uniform, tea towel	0	1	2	3	
Dish was prepared and presented on time	0	1			
Presentation	0	1	2	3	
Degree of difficulty of dish	0	1	2	3	
Followed recipe accurately, demonstrates skill in technique and worked independently	0	1	2	3	4
Cleaning	0	1	2	3	
Safety and Hygiene responsibility	0	1	2	3	
Total					/20
Feedback					