GRC PEAKHURST CAMPUS

FOOD TECHNOLOGY

Food for Special Needs

Assessment Task

Due dates - for practical and theory

Written component for all classes due on the 27th March to class teacher except Mrs Willis class, submit task to Staffroom.

Practical date will be set by the teacher for Week 9

- This task consists of THREE parts:

  PART A – written task Total marks = 20
  PART B - Written task Total marks = 80
  PART C – Practical – total marks 20

Feedback – written component /100
PART A  Multiple Choice

Research the answers to the following facts about foods for special and then circle or highlight the most correct answer.

1. At what stage in life does the greatest rate of growth occur?
   A) Infancy
   B) Childhood
   C) Adolescence
   D) Adulthood

2. Which sense is intensified during pregnancy?
   A) Smell
   B) Hearing
   C) Sight
   D) Touch

3. How much weight should a pregnant women gain during pregnancy?
   A) 0-5 kg
   B) 10-13 kg
   C) 20-25 kg
   D) 30- 35 kg

4. Which nutrient is required by pregnant women for the growth of new muscle tissues?
   A) Protein
   B) Calcium
   C) Vitamin A
   D) Iron
5. What condition in babies can result from high levels of alcohol consumption in pregnancy?

A) Diabetes
B) Down syndrome
C) Foetal Alcohol Syndrome
D) Alcoholism

6. What is the name of the milk, rich in antibodies to fight infections, that is produced by the breast the first three days after giving birth?

A) Calcium
B) Colostrum
C) Serum
D) Pre milk

7. An infant is the stage in the life cycle from birth to what age?

A) 2 months
B) 1 year
C) 3 years
D) 4 years

8. What is the term for the process of moving a baby on to solid foods?

A) Warming
B) Weaning
C) Introduction
D) Transferral

9. Pureed and mashed fruit and vegetables provide a rich source of which nutrients to babies?
10. An excess of which food is more likely to contribute to tooth decay in children?
A) Fats
B) Sugar
C) Salt
D) Fluoride

11. What factors should be given priority when planning meals for toddlers?
A) Making food appealing to eat and small serves to encourage the toddler to eat
B) High protein, high carbohydrate and low water content foods to ensure adequate growth and development
C) Easy and low cost meals prepared hygienically
D) Nutritional content and food safety

12. Which two nutrients work together to strengthen bones?
A) Calcium and Phosphorus
B) Phosphorus and Iron
C) Iron and Calcium
D) Vitamin C and Calcium
13. Which group would usually have the highest energy needs?

A) Adolescents  
B) Adults  
C) Aged  
D) Convalescent

14. Which nutrient is important for menstruation in adolescence girls?

A) Iron  
B) Calcium  
C) Protein  
D) Fat

15. An athlete’s last meal should be how many hours before and event?

A) 1-2 hours  
B) 3-4 hours  
C) 5-6 hours  
D) 7-8 hours

16. Which of the following is a complex carbohydrate that would be suitable for an athlete the day before an event?

A) Low Fat Milkshake  
B) Grilled Steak  
C) Wholegrain Pasta Salad  
D) Doughnut
17. Milk, cheese, yoghurt and fish with edible bones (e.g. anchovies and sardines) can assist to prevent which common health condition in senior years?

A) Anaemia  
B) Osteoporosis  
C) Hypertension  
D) Arthritis

18. Which dietary disease common in adulthood is related to eating a diet high in saturated fat?

A) Diabetes Type 2  
B) Hypertension  
C) Coronary Heart Disease  
D) Constipation

19. Which dietary disease in adulthood is related to eating a diet high in salt (sodium)?

A) Diabetes Type 2  
B) Hypertension  
C) Tooth Decay  
D) Obesity

20. It is recommended that Australians have how many serves of vegetables a day?

A) One  
B) Three  
C) Five  
D) Seven
Part B  
Short Answer and Extended Responses

- Use the ARLAM guide when answering the questions
- As a guide, examine the mark value of the question to determine the minimum number of points to include in your answer.
- Use your work booklets as well as research the answers to the questions

**Question 1**

**Jenny is five months pregnant.**

The baby is starting to grow much faster now and her bump is getting bigger. It is important that she stays really healthy, eating a diet which gives her body all it needs to repair itself and the baby all it needs to grow. She also needs to keep her bones strong to help her carry the extra weight. She plans to be a lactating mother for the first year of her child’s life.

**a.** Besides alcohol, name another substance Jenny needs to avoid during pregnancy and explain why?

\[ /2 \]

<table>
<thead>
<tr>
<th>Substance to avoid</th>
<th>Explain why</th>
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<tbody>
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</tbody>
</table>

**b.** Identify two foods Jenny could eat to help her body keep her bones strong and two foods that would help baby to grow.

\[ /4 \]

<table>
<thead>
<tr>
<th>Two foods for strong bones</th>
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</table>

<table>
<thead>
<tr>
<th>Two foods which assist the baby to grow</th>
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</table>
c. **Define** the term lactation. /1

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d. **Discuss** why breast milk is recommended for babies. /8

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Question 2

a. Plan a healthy breakfast for 5 year old child; include a drink with your meal.

*Breakfast*

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b. **Explain** why the foods above are suitable for child in meeting their nutritional needs. /4

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c. **Name TWO** foods that should be avoided in a child’s diet and **explain** why. /4

<table>
<thead>
<tr>
<th>Food</th>
<th>Why</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td></td>
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<tr>
<td>2</td>
<td></td>
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</tbody>
</table>
Question 3

a. Name TWO foods to avoid if you are lactose intolerant. /2
   • _______________________________
   • _______________________________

b. Name TWO foods to avoid if you have gluten intolerance. /2
   • _______________________________
   • _______________________________

c. Modify the menu below for someone who has both a lactose and gluten intolerance /3

<table>
<thead>
<tr>
<th>MENU</th>
<th>Changes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weetbix with milk</td>
<td></td>
</tr>
<tr>
<td>Toast with butter</td>
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</tr>
<tr>
<td>Orange juice</td>
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</tbody>
</table>

d. Name TWO foods that can trigger an allergic reaction in some people? /2
   • _______________________________
   • _______________________________

e. What are TWO ways the body reacts when someone eats a food they are allergic to? /2
   ___________________________________________________________________
   ___________________________________________________________________

f. What actions should be taken if someone has an allergic reaction to food? /2
   ___________________________________________________________________
Question 4

a. Define the term convalescent. /1

_________________________________________________________________________________
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b. Plan a soft diet meal for a patient in hospital recovering from an operation. /3

<table>
<thead>
<tr>
<th>Soft diet meal</th>
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<tbody>
<tr>
<td>First course</td>
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<tr>
<td>Second course</td>
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<tr>
<td>Beverage/drink</td>
</tr>
</tbody>
</table>


c. A dietary guideline for Australians states we all need to

"Care for your food; prepare and store it safely"

How can hospital staff ensure they have prepared and stored food safely before it served a patient?
Question 5

Tom and Joe have decided to go camping for two days. They will have a gas portable stove but no refrigeration.

a. Suggest five foods they can pack for their camping. /5

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b. Suggest THREE different foods/drinks Joe and Tom could take on a day’s bushwalk. Explain why they are suitable for bushwalking. /3

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Name _________________________________________ Class ___________________________________
Question 6

An increasing number of people are becoming vegetarian or vegan

a. **Distinguish** the difference between a vegetarian and a vegan. /2

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b. **Give THREE** reasons a person may choose to become a vegetarian or vegan /3

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c. Soybeans are high in complete protein, required for growth. They are utilised in many vegan and vegetarian products. **Name** two products made from soybeans. /2

______________________________________________________________________________

d. You have a vegan friend coming over for dinner. What could you serve for them for dinner? Include a main course and dessert. /2

<table>
<thead>
<tr>
<th>Main</th>
<th>Dessert</th>
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</table>
Q7. Extended Response

The Australian Dietary Guidelines for Australians states all must “achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs”

Using examples from different age groups
- Explain why it is important to be a healthy weight
- Suggest nutritious foods and drinks that would help to maintain a healthy weight.
- Outline physical activities which would be suitable for different age groups.
Task C Practical          Prepare a healthy snack suitable for teenagers.

- The snack can be sweet or savoury
- You must bring in ingredients from home.
- You will prepare the food in class.
- You only have 1 hour to prepare, cook and present your food and clean your work area.
- Briefly justify to your teacher why the snack is suitable for teenagers

<table>
<thead>
<tr>
<th>Practical Assessment Criteria</th>
<th>20 MARKS</th>
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</thead>
<tbody>
<tr>
<td>o You have remembered to bring all items needed and you are very organised</td>
<td>20</td>
</tr>
<tr>
<td>o Ingredients fit in with the brief e.g. low in fat, sugar or salt.</td>
<td>Wow outstanding</td>
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<tr>
<td>o Care has been taken to pick good colour &amp; flavour combinations.</td>
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<tr>
<td>o You work independently, no help or advice given</td>
<td>16-19 excellent</td>
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<tr>
<td>o You display high standards of hygiene &amp; safety at all times.</td>
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<tr>
<td>o Skills used show a high level of competency &amp; accuracy.</td>
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<tr>
<td>o You keep to the deadline</td>
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<tr>
<td>o You pay attention to quality of finish and presentation</td>
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</tbody>
</table>

- Some of your ingredients chosen do not fit in with the design brief, but you have shown all of the other skills necessary for 20/20 or:
- You have remembered to bring everything, and have made good choices, but the work is lacking in the several of the other areas needed for a 20/20 or:
- You have forgotten to bring something that you need and your work needs minor improvements in a number of areas needed for 20/20 or:
- You did not meet the deadline, but everything else was done well. Or:
- You had to be told about a safety or hygiene issue more than once.

- You have not made good choices of ingredient
- You have not been fully prepared for the lesson
- You have needed help on several occasions to be able to complete the task or:
- Your product has a very poor quality of finish or presentation, but you do everything else well.
- You have had to be reminded about hygiene or safety issues

- Some/all Ingredients does not fit in with the design brief or you did not bring in ingredients
- You have had a lot of help
- You have major problems with hygiene & safety
- You have a very poor quality of finish/ your work looks a mess:
- Your work is only half done
- You did not keep to deadlines

Feedback | Your Final mark

16