

FOOD TECHNOLOGY YEAR9/10

Name:

ASSESSMENT TASK 2

Food Selection and Health Unit: Is It good for me?

Due date: Term2 Week 8

Weighting: 25%

Outcomes to be assessed:

- 5.1.1 demonstrates hygienic handling of food to ensure a safe and appealing product.
- 5.3.1 describes the relationship between food consumption, the nutritional value of foods and the health of individuals and communities
- 5.3.2 justifies food choices by analyzing the factors that influence eating habits
- 5.6.1 examines the relationship between food, technology and society.
- 5.6.2 evaluates the impact of activities related to food on the individual, society and the environment.

Select **ONE** of the following scenarios;

- 1) A single mum with two children. (a two year old and a five year old)
 - 2) A family (mum is a nurse, dad a builder, 2 teenage daughters)
 - 3) A family (stay at home mum, dad a farmer, one teenage son).
1. Plan a suitable menu (breakfast, lunch, dinner and snacks) for a day for the family you have chosen. It must be based on the Australian Guide to Healthy Eating.
 2. Select one dish from the menu and produce in class. Recipe to be submitted one week prior to the practical assessment task.
 3. Word process a justification of your food choices. 400-500 words
 - a) Refer to the recommendations of the Australian Guide to Healthy Eating. Does your menu comply for the family you have selected? Have you provided additional supporting evidence from the Healthy Eating Pyramid and the Australian Dietary Guidelines?
<https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>
 - b) Discuss the RDI of the major nutrients for each person in the family.
 - c) What are the implications to one's health if the recommendations of the Australian Guide to Health Eating are not followed on a regular basis?
 - d) Discuss the factors that might affect the food habits of the chosen family members.
 4. Develop a safety and hygiene checklist based on template example given in class

Marking Criteria for FOOD TECHNOLOGY TASK 2

Range	A student in this range
90-100	<ul style="list-style-type: none"> • Comprehensively demonstrates hygienic handling of food to ensure a safe and appealing product. • Comprehensively describes the relationship between food consumption, the nutritional value of foods and the health of individuals and communities • Comprehensively justifies food choices by analyzing the factors that influence eating habits • Comprehensively examines the relationship between food, technology and society. • Comprehensively justifies the impact of activities related to food on the individual, society and the environment.
80-89	<ul style="list-style-type: none"> • Thoroughly demonstrates hygienic handling of food to ensure a safe and appealing product. • Thoroughly describes the relationship between food consumption, the nutritional value of foods and the health of individuals and communities • Thoroughly justifies food choices by analyzing the factors that influence eating habits • Thoroughly examines the relationship between food, technology and society. • Thoroughly justifies the impact of activities related to food on the individual, society and the environment.
70-79	<ul style="list-style-type: none"> • Soundly demonstrates hygienic handling of food to ensure a safe and appealing product. • Soundly describes the relationship between food consumption, the nutritional value of foods and the health of individuals and communities • Soundly justifies food choices by analyzing the factors that influence eating habits • Soundly examines the relationship between food, technology and society. • Soundly justifies the impact of activities related to food on the individual, society and the environment.
60-69	<ul style="list-style-type: none"> • Basically demonstrates hygienic handling of food to ensure a safe and appealing product. • Basically describes the relationship between food consumption, the nutritional value of foods and the health of individuals and communities • Basically justifies food choices by analyzing the factors that influence eating habits

	<ul style="list-style-type: none"> • Basically examines the relationship between food, technology and society. • Basically justifies the impact of activities related to food on the individual, society and the environment.
50-59	<ul style="list-style-type: none"> • demonstrates to an elementary level hygienic handling of food to ensure a safe and appealing product. • describes the relationship between food consumption, the nutritional value of foods and the health of individuals and communities to an elementary level • justifies food choices by analyzing the factors that influence eating habits to an elementary level • examines the relationship between food, technology and society to an elementary level • justifies the impact of activities related to food on the individual, society and the environment to an elementary level
40-49	<ul style="list-style-type: none"> • is unable to demonstrate hygienic handling of food to ensure a safe and appealing product to an elementary level. • is unable to describe the relationship between food consumption, the nutritional value of foods and the health of individuals and communities to an elementary level. • is unable to justify food choices by analyzing the factors that influence eating habits to an elementary level. • is unable to examine the relationship between food, technology and society to an elementary level. • is unable to justify the impact of activities related to food on the individual, society and the environment to an elementary level.