



CLANCY CATHOLIC COLLEGE

Year 9 Food Technology

Focus Area 1: Food Selection and Health

Weighting - 25%

Type of Task: Research Task and Practical Component

Date Handed Out: _____

Due Date: _____

Name: _____ **Teacher:** _____

Assessment Policy:

This task is a formal assessment. It requires each student to demonstrate their understanding of the course studied by devoting sufficient time and effort to meeting the requirements as clearly stated below. This task must be submitted on time. The following reasons are not valid excuses for late submission of tasks; computer difficulties, printer problems, or lack of organisation. It is understood that any difficulty with the task must be brought to the attention of the classroom teacher several days before the due date of the task.

Declaration of Originality:

In accordance with the College Assessment Policy, I declare that this submission is my own work and that to the best of my knowledge, it contains no material previously published or written by another person except where acknowledgement has been made.

Student Signature: _____

Syllabus Outcomes to be assessed:

A Student:

Part A - 10%

5.3.1 Describes the relationship between food consumption, nutritional value of food & health of individuals and communities.

5.3.2 Justifies food choices by analysing factors that influence eating habits.

5.4.1 Collects, evaluates and applies information from a variety of sources.

5.4.2 Communicates ideas and information used a range of media and appropriate technology.

Part B - 15%

5.1.1 Demonstrates hygienic handling of food to ensure a safe and appealing product.

5.1.2 Identifies, assesses and manages the risk of injury and OHS issues associated with food handling.

5.2.3 Applies appropriate methods of food processing, preparation and storage.

Context of Task:

Our food habits are determined by many factors. Every individual responds to different influences that affect what, when and how they eat.

Task Instructions:

Part A: Research Task (10%)

This section of the assessment task should be word-processed and presented in folio format.

1. Create a survey of 10 questions, which would reveal the foods selected by adolescents (aged 11-19 years old) each day and the barriers and enablers, which influence their choices.
2. Hand out a word-processed copy of the survey to 10 adolescents. Make sure their names are written on the top of the survey.
3. Using 'Numbers', analyse the results using a variety of graphs.
4. From the results of your surveys, write a report that addresses the following question:

Explain the main factors that influence the food choices of adolescents and provide possible reasons as to why adolescents are influenced.

Ensure that each paragraph of your report is written using PEEL. Support your answer with results from your survey as well as additional research (books, internet, newspaper articles, etc).

5. For ONE adolescent you have surveyed, create a THREE day eating plan that will allow the adolescent to achieve optimum health, using suggestions and information found in healthy eating aids (such as; The Australian Guide to Healthy Eating). Your three day eating plan should include breakfast, lunch, dinner, snacks and beverages.
6. Create a list that describes the main changes you have made to the adolescents diet in order for them to achieve optimum health by following the menu plan you have created.

Part B - Practical Cooking (15%)

Attached is a recipe that you will be individually cooking during Term 2, Week 1. You will need to take into consideration the following factors when cooking:

- ✓ The meal produced is **cooked appropriately** and is **visually appealing**.
- ✓ The practical is completed in the designated **time frame** (1 hour).
- ✓ The **correct techniques** are used to produce the meal.
- ✓ All **safety and hygiene** issues have been addressed – you are dressed appropriately and you are working in a clean and safe workspace.

Low- Fat Beef Lasagna

Ingredients:

1/2 tablespoon oil
375g lean beef mince
1 1/2 cups tomato pasta sauce
1 tablespoons corn flour
1 1/2 cups reduced-fat milk
1/3 cup finely grated parmesan cheese
9 dried lasagna pasta sheets
1/2 cup grated light mozzarella cheese

Method:

1. Preheat oven to 220°C. Place oil in a medium saucepan and heat over medium heat.
2. Add mince and cook stirring with a wooden spoon (to break up mince) for 5 minutes or until browned.
3. Add pasta sauce and 1/4-cup cold water. Bring to the boil.
4. In a bowl, combine corn flour and 1/4 cup milk. Place remaining milk in a saucepan. Heat over medium-high heat. Bring to the boil.
5. Gradually whisk in corn flour mixture. Cook, stirring, for 2 to 3 minutes or until thickened. Stir in parmesan.
6. Spread one-quarter of the mince mixture over the base of an ovenproof dish. Top with one-quarter of the pasta, breaking to fit. Top with one-quarter of the mince mixture, white sauce and pasta. Repeat layers twice, finishing with white sauce. Sprinkle with mozzarella.
7. Bake for 40 minutes or until pasta is tender.

Marking Criteria – Part A

A 40 - 34	<ul style="list-style-type: none"> ○ The survey produced consists of 10 appropriate and relevant questions which will highlight the barriers and enablers of food choices that affect adolescents (5.4.1) ○ All 10 of the original results of the survey are attached to the assessment task (5.4.1) ○ A variety of graphs are produced and correctly labelled using extensive ICT skills and highlight in extensive detail the relevant barriers and enablers adolescents have to foods (5.4.2) ○ A very detailed summary of the main factors affecting food choices is presented (5.3.1) ○ Clear and appropriate reasons about why adolescents food choices are influenced is documented and supported with suitable additional research (5.3.2) ○ The menu plan produced is appealing and incorporates a wide variety of meals and meets the needs of the adolescent using the correct proportions recommended by The Australian Guide to Healthy Eating (5.3.1) ○ The menu plan is very neat and well presented, user friendly for the adolescent and utilises a wide range of ICT skills (5.4.2) ○ An extensive list of the changes made in order for the adolescent to achieve optimum health is presented and all points are relevant (5.3.2) ○ A detailed and correctly formatted bibliography is attached
B 33 - 26	<ul style="list-style-type: none"> ○ The survey produced consists of 10 relevant questions about the barriers and enablers of food choices that affect adolescents (5.4.1) ○ Most of the original results of the survey are attached to the assessment task (5.4.1) ○ A variety of graphs are produced and correctly labelled using ICT skills and highlight the relevant barriers and enablers adolescents have to foods (5.4.2) ○ A detailed summary of the main factors affecting food choices is presented (5.3.1) ○ Clear reasons about why adolescents food choices are influenced is documented and supported with additional research (5.3.2) ○ The menu plan produced meets the needs of the adolescent using correct proportions recommended by The Australian Guide to Healthy Eating (5.3.1) ○ The menu plan is well presented, user friendly for the adolescent and utilises a range of ICT skills (5.4.2) ○ A detailed list of the changes made in order for the adolescent to achieve optimum health is presented and points are relevant(5.3.2) ○ A correctly formatted bibliography is attached
C 25 - 18	<ul style="list-style-type: none"> ○ The survey produced has some relevant questions about barriers and enablers of food choices that affect adolescents (5.4.1) ○ Some of the original results of the survey are attached to the assessment task (5.4.1) ○ Some graphs are produced using some ICT skills and highlight some of the barriers and enablers adolescents have to foods (5.4.2) ○ A satisfactory summary of the main factors affecting food choices is presented (5.3.1) ○ Satisfactory reasons about why adolescents food choices are influenced is documented, however not supported with extensive additional research (5.3.2) ○ The menu plan produced meets most of the needs of the adolescent, however the correct proportions recommended by the Australian Guide to Healthy Eating is not always followed (5.3.1) ○ The menu plan is presented in a satisfactory manner and utilises some ICT skills (5.4.2) ○ A satisfactory list of the changes made in order for the adolescent to achieve optimum health is presented some points are relevant (5.3.2) ○ A bibliography is attached, however it is incorrectly formatted or incomplete
D 17 - 10	<ul style="list-style-type: none"> ○ The survey produced has little relevant questions about barriers and enablers of food choices that affect adolescents (5.4.1) ○ Few of the original results of the survey are attached to the assessment task (5.4.1) ○ Few graphs are produced using limited ICT skills and few of the barriers and enablers adolescents have to food is documented (5.4.2) ○ A brief summary of some of the factors affecting food choices is documented (5.3.1) ○ Some reasons about why adolescents food choices are influenced is documented, however reasons are not appropriate or not supported with extensive additional research (5.3.2) ○ The menu plan produced meets few of the needs of adolescents proportions recommended by the Australian Guide to Healthy Eating sometimes used (5.3.1) ○ The menu plan is presented in an unorderly manner and utilises little ICT skills (5.4.2) ○ A brief list of the changes made for adolescents is documented, however the changes are not always relevant to the menu plan (5.3.2) ○ A bibliography is attached, however it is incorrectly formatted or incomplete
E 0 - 9	<ul style="list-style-type: none"> ○ The survey produced is incomplete or has very little relevance to the barriers and enablers of food choices that affect adolescents (5.4.1) ○ Very few or none of the original results of the survey are attached to the assessment task (5.4.1) ○ Very few if any graphs are produced using very limited or no ICT skills and very few barriers and enablers are documented (5.4.2) ○ The summary of factors affecting food choices is very brief, incomplete and not always relevant (5.3.1) ○ Reasons about why adolescents food choices are influenced is very brief and mostly irrelevant and not supported with additional research (5.3.2) ○ The menu plan does not meet the needs of the adolescent as it lacks any recommendations made in The Australian Guide to Healthy Eating (5.3.1) ○ The menu plan is incomplete and presented in an unorderly manner and utilises very little, if any ICT skills (5.4.2) ○ The changes to the adolescents menu is very brief or incomplete and irrelevant to the menu plan (5.3.2) ○ No bibliography is attached