JOHN EDMONDSON HIGH SCHOOL
Assessment Notification

Faculty: Home Economics   **Course: Food Technology**   **Year: 12**

Assessment Task: Contemporary Nutrition Issues

Assessment Weighting: 30%   **Due: Term 4, Week 7**   **Date: 22/11/2023(Via Canvas)**

Task Type: Hand in Task Via Canvas: Speeches to be done in your double lesson of week 7☒

Outcomes assessed (NESA)
H2.1   Evaluates the relationship between food, its production, consumption, promotion and health **H3.2 Independently investigates contemporary nutrition issues** **H5.1 Develops, realises and evaluates solutions for a range of food situations**

Task Description/Overview
In this task students learn to: • Independently investigate and report on the health of a group in Australia. • Develop a strategy to promote optimum health through good nutrition in this group. • Describe the relationship between nutrient intake and dietary disorders. • Plan diets and prepare foods/meals to address the dietary requirements of specific group. Success Criteria: • Investigate a chosen group's specific nutritional needs and write a report by answering questions A to F correctly. • Plan a suitable diet for a day for your chosen group, refer to the AGHE for food group portions. • Design a strategy to promote optimum health for your group and explain why it would be effective.

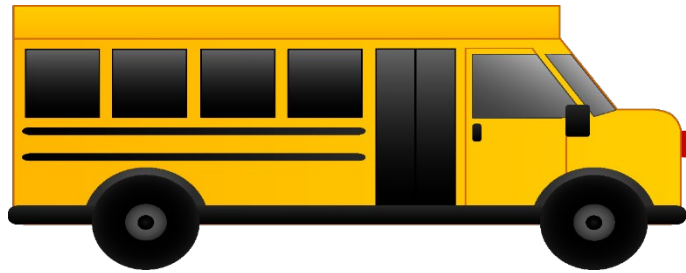| **Detailed Assessment Task Description:** |
|---|
| **Glossary of key terms**
Outline – Sketch in general terms
Explain – Relate cause and effect, make the relationship between things evident, provide why and how.
Identify – Recognise and Name
Justify – Support an argument or conclusion
Discuss – Identify issues and provide points for and/or against

Evaluate - Make a judgment based on criteria, determine the value of |

Part One: Investigation: People on the bus

Take a person from the bus.

Account: Account for: state reasons for, report on. Give an account of: narrate a series of events or transactions

Investigate this group further

Choose *one* of the following groups in society who require specific nutritional considerations:

The elderly	Pregnant/lactating women	Post-menopausal women	People with Health conditions: Food allergy sufferer
Middle Age Men who live alone	Aboriginal and Torres Strait Islander people	Vegetarians	Athletes

Select from *one* of the following conditions which impact on your focus group selected above:

Overweight/obesity	Type 2 diabetes	Anaemia
Dental Caries	Cardiovascular disease	Low dietary fibre
Osteoporosis	Hypertension	lactose intolerance or coeliac disease

Answers can be handwritten neatly or typed. Refer to glossary of key terms to best answer each question. (Submit ALL parts via Canvas. Note: Part Three, if a physical project, submit to teacher on the 22/11/23)

Investigate this group's current health status in **Australia** and report on:

a) **Outline** the special nutritional considerations for this group. (What specific nutrients they need to consume and the reasons for this?) **5 marks**
b) **Outline** factors that influence this groups nutritional requirements. (E.G age, gender, allergies, social factors, media, medical, geographical location, lifestyle etc) **5 marks**
c) **Explain** the physical effects of the condition (what happens to the body because of this condition) **5 marks**
d) **Identify** the current statistics of this health concern for the group. (i.e. the prevalence of this health concern, how many people suffer from this disease or dietary disorder? Use current ABS data to help here https://www.abs.gov.au/ or Australian Institute of Health and Welfare data https://www.aihw.gov.au/reports-data/australias-health/australias-health-snapshots) **2 marks**
e) **Identify** the types of food which should be consumed and those which should be avoided, giving reasons for your responses. (low fat, low salt, high fibre, low GI, low kilojoule etc) **5 marks.**
f) **Identify two nutritionally modified foods** which are specifically marketed to your chosen group – include a picture of each food product. **4 marks**
g) **Evaluate** the benefits of each of these nutritionally modified food items for this group. **8 marks**

PART Two:

1a. Plan a diet for **one day** to address the dietary requirements of your focus group. Use the Australian Guide to Healthy Eating to form the basis for your diet. Include the following: **10 marks**
- Breakfast
- Morning tea
- Lunch
- Afternoon tea
- Dinner
- Snacks/including drinks

1b. You are required to **justify the choices** of your diet plan regarding your focus groups nutritional needs. i.e Why are the foods you chose suitable for this person? (Half page response). **6 marks**

Part Three:

1. Develop a strategy to **promote optimum health** through good nutrition for your focus group. E.g., pamphlet, video, advertising campaign, Instagram page, sample bag, promotional talk, web page, game, poster or other. (When designing your strategy, consider your target groups age, gender, and what ways the strategy might best appeal to them or target this group's attention.) **15 marks**

2. Discuss why your strategy would be an effective (helpful) way to improve/promote the health outcomes for this focus group. **(Half a page, via Canvas) 5 marks**

3. Present your promotional campaign to the class in the double lesson (3minute maximum) discussing with the class what you have written in question 2. Please consider public speaking/presenting skills in your delivery. (To be done in Week 7 double lesson)
 5 marks

Guidelines / Criteria	Marking
PEOPLE ON THE BUS TASK	
Outcome 3.2 Investigation • Outlines the special nutritional considerations of this group. Identifies key nutrients and reasons for the need in this group • Outlines factors that influence the groups nutritional requirements • Explains the physical effects of the condition • Identifies prominence in the population (current/reliable statistics) • Identify the types of food which should be consumed and those which should be avoided – giving reasons for your responses. **Outcome 2.1 –** Identifies two nutritionally modified foods which are specifically marketed to your chosen group – includes a correct pictures/image of a food product. Evaluate the benefits of each of these food items.	5 5 5 2 5 4 8
Outcome 5.1 - Diet design Create a diet for the identified condition. Diet consists of. • Breakfast, lunch, and dinner, plus snacks • Follows the recommendations of the Australian Guide to Healthy Eating (correct serving size, provides a variety of food choices) • Justifies the choice of diet plan (written statement as to why your diet plan is suitable for identified condition) (outcome 2.1) **Outcome 5.1 – Promotional Strategy** Developed a strategy to promote optimum health through good nutrition for your focus group. (e.g., YouTube video, Social Media Posts, Pamphlets, Posters.) Strategy is suitably targeted towards your chosen group. • Explain in detail the suitability and the development of your strategy in relation to your focus group and how it promotes optimum nutrition.	 8 2 6 15

• Presentation to class	5 5
TOTAL Outcome – 2.1 _____/18 Outcome – 3.2 _____/22 Outcome – 5.1 _____/35	/75
RANK	/

Teacher Feedback:

Positive Aspects	Areas for improvement

Student Self Reflection:

PART B PROMOTIONAL STRATEGY

	Outstanding	High	Sound	Basic	Limited
Part A	• Student has accurately *described* all nutritional considerations for their chosen group. • Student has *accounted* for correct factors influencing nutritional requirements in great detail. • Student has correctly *identified* potential health problems and concerns and has effectively identified dietary disorders. • Student has accurately *made clear or plain* potential supplements and manufactured products appropriate for the chosen group. • Student has accurately provided characteristics and features of lifestyle factors that are related to health problems for this group in great detail. • Student has *recognised and named* correct dietary recommendations for the optimum health of the chosen group. • Student has accurately made a judgement based on criteria to determine the value of strategies currently used to promote optimum health in this demographic.	• Student has accurately *identified* all nutritional considerations for their chosen group. • Student has *stated reasons for* correct factors influencing nutritional requirements in detail. • Student has correctly *listed* potential health problems and concerns and has adequately identified dietary disorders. • Student has listed potential supplements and manufactured products appropriate for the chosen group. • Student has provided most characteristics and features of lifestyle factors that are related to health problems for this group. • Student has *named* correct dietary recommendations for the optimum health of the chosen group. • Student has made an accurate judgement regarding the value of strategies currently used to promote optimum health in this demographic.	• Student has accurately *listed* all nutritional considerations for their chosen group. • Student has *identified* correct factors influencing nutritional requirements in some detail. • Student has *listed* some potential health problems and concerns and has identified dietary disorders at a satisfactory level. • Student has listed some potential supplements and manufactured products appropriate for the chosen group. • Student has provided some characteristics and features of lifestyle factors that are related to health problems for this group. • Student has *listed* dietary recommendations for the optimum health of the group which are mostly correct. • Student has identified strategies currently used to promote optimum health in this demographic correctly.	• Student has correctly *listed* 2 or more nutritional considerations. • Student has *identified* mostly correct factors influencing nutritional requirements. • Student has *listed* some potential health problems and/or concerns and has alluded to some dietary disorders. • Student has incorrectly listed some potential supplements and manufactured products for the chosen group. • Student has identified some lifestyle factors that are related to health problems for this group correctly. • Student has *listed* dietary recommendations which are correct with less than 2 mistakes. • Student has listed some correct strategies currently used to promote optimum health in this demographic.	• Student has correctly *listed* 2 or more nutritional considerations. • Student has *listed* mostly correct factors influencing nutritional requirements. • Student has incorrectly *listed* some potential health problems and concerns and has incorrectly identified dietary disorders. • Student has incorrectly listed most potential supplements mentioned and manufactured products for the chosen group. • Student has listed some lifestyle factors incorrectly that are related to health problems for this group. • Student has *listed* dietary recommendations which are correct with less than 3 mistakes. • Student has listed some incorrect strategies currently used to promote optimum health in this demographic.
Part B	• Student has developed a dynamic strategy to promote optimum health through good nutrition for this group. The strategy is well-thought-out and suitable for this group.	• Student has developed a great strategy to promote optimum health through good nutrition for this group. The strategy is suitable for this group.	• Student has developed an adequate strategy to promote optimum health through good nutrition for this group. The strategy is suitable for this group.	• Student has developed a strategy to promote optimum health through good nutrition for this group.	• Student has developed a below standard strategy to promote optimum health through good nutrition for this group.

Satisfactory completion of courses

A course has been satisfactorily completed, when the student has:

- Followed the course developed/endorsed by the NSW Educational Standards Authority (NESA)
- Applied himself/herself with diligence and sustained effort to the set tasks and experiences provided in the course.
- Achieved some or all of the course outcomes