



JOHN EDMONDSON HIGH SCHOOL

Assessment Notification

Faculty: Home Economics

Course: Preliminary Food Technology Year: 11

Assessment Task: Nutrition

Assessment Weighting: 40% Due: Term 2, Week 9 Date: Thursday 27th June (via canvas)

Task Type: Hand in Task In Class Task Practical Task

Outcomes assessed (NESA)

P 3.2 Presents ideas in written, graphic and oral form using computer software where appropriate

P 4.1 Selects appropriate equipment, applies suitable techniques, and utilises safe and hygienic practices when handling food

P 5.1 Generates ideas and develops solutions to a range of food situations

P 4.3 Selects foods, plans and prepares meals to achieve optimum nutrition for individuals and groups

Task Description/Overview

Conduct a survey on teenager eating habits. Collate and evaluate results based on nutritional considerations. Design and plan a menu suitable for a teenager taking into consideration specific nutritional requirements as outlined by the Australian Guide to Healthy Eating (AGHE). Cook one meal from the menu in the assigned practical lesson.

SUBMIT all sections of this task (excluding the food order) VIA CANVAS IN THE ASSESSMENT TASK SECTION BY THE DUE DATE, 27th June. * Before 8:40 am.

Detailed Assessment Task Description

PART ONE: Questionnaire and Evaluation (P3.2)

Due: Week 9 - 27th June Submit in CANVAS

1. Design and conduct an online questionnaire to **identify** the current eating habits of teenagers.
(Needs to include at least 10 suitable questions and survey approximately 15 people – include a variety of ages 12-18. (You may wish to use Google Forms. You must include the **link to your survey and responses** with this section.)
5 marks
2. **Evaluate** the results of your questionnaire (what did you find out FOR EACH QUESTION) and recommend changes necessary to improve the eating habits of this group.

Present this in written form – approx. 1- 2 pages of writing. Use graphs or tables to support your findings in each question. **10 marks**

PART TWO: DESIGN TASK and PRACTICAL

Due: Week 9 – 27th June

(Practical will take place in your double lesson)

Design Situation

Teenagers generally make food selections based on what food looks and tastes like rather than what's good for them. How good a food looks are central to its selection. If it looks and smells good, chances are, a teenager will eat it.

Design Task

You are the manager of a new teenage style restaurant that aims to provide nutritious and appealing foods specifically for teenagers. Visual appeal using popular teenage media platforms is believed to be the most appropriate method to inform and attract the target market to the restaurant.

1. **Create a menu** for your restaurant with **three** breakfast, lunch and dinner options that will be available to teenagers who dine in. Your menu should be presented in a style that is appealing to teenagers. Consider, text, font, graphics and current trends when designing your menu. **Each menu item should be accompanied with a creative name, a list of ingredients and an image of the dish. (P 5.1. 10 marks)**
2. Choose **one** suitable food item from your menu that could be served at your restaurant. (Preferably lunch or dinner or a complicated breakfast.)
 - **Create a recipe** for the food item – title, ingredients, equipment, method and picture (**P4.3. 5 marks**) (submit this in canvas with your task)
 - Submit a **food order** for the food item (**Submitted Week 7 Monday in class**)
 - Practical will be marked on: demonstrates safe and hygienic practices, food presentation – considers visual appeal.

PART THREE: Diet Plan (P4.3)

Due: Week 9 – 27th June

1. Create a diet for a teenager for **a day** only. Your daily diet must include:
 - Breakfast, lunch, dinner, snacks and beverages.
 - Follow the recommendations of the Australian Guide to Healthy Eating.
5 marks
2. **Justify** the choice of your diet plan (250-500 words, written statement as to why your diet plan is suitable for consumption by teenagers. Be sure to include information about diet and health suggestions for a teenager using the Australian guide to healthy eating and refer to the recommended servings of each food group in your justification.) <https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating> **5 marks**

Success Criteria:

- Work should be presented in handwritten or typed format and all parts (excluding food order) submitted through CANVAS in the assignment link for this task. The food order will be given to your teacher in week 7.
- You may include diagrams, pictures and samples in your research.
- You will be allocated class time to work on this task.
- You will need to do external reading and research about teenagers' dietary requirements to recommend improving diet and health.
- Include a bibliography and a link to your Google form – survey.

Do not forget to add me as a collaborator on your survey so that I can view results and answers.

Bibliography: You must include a bibliography with your assessment task. A bibliography is a record of all the sources you obtained your information from, including books, websites, journal articles etc. Use the information on the school website for how to write a bibliography or the following site may help: www.harvardgenerator.com

MARKING CRITERIA:

Assessment Criteria		
Grade	Description	Mark Range
Outstanding (O) Possible Mark 5	Questionnaire •Questionnaire addresses the current eating habits of teenagers.(short and simple questions, range of different style of questions, logical order, minimum 10 questions, 20 people surveyed, both sexes) •Included survey link	45-50
9-10	Evaluation of Questionnaire •Evaluation includes accurate summary of results for each question • Thoroughly explains why changes are required for eating habits •Graphics/tables/graphs are accurately included in evaluation •Ideas are expressed extensively, clearly and well formatted	
9-10	Menu design •Contains 3 items for each of the following meals; breakfast, lunch and dinner must be suitable for teenagers •Meals are suitable for teenagers, include a list of ingredients and an image of the dish •Foods selected are nutritious and follow Australian guide to healthy eating/ recommended serves	
5	Presentation of Menu – Appealing to Teenagers graphics or written description Practical Application •Food order completed correctly – including all necessary equipment •Recipe includes all relevant information – title, ingredients, equipment, method and picture •demonstrates safe and hygienic practices •food presentation- clean, considers visual appeal,	
	Create a diet for a teenager for a day. Diet consists of; •breakfast, lunch and dinner, plus beverages	

	<ul style="list-style-type: none"> •Follows the recommendations of the Australian Guide to Healthy Eating (correct serving size, provides a variety of food choices) <p>Extensively justifies the choice of diet plan (at least 5 points in the written statement as to why your diet plan is suitable for consumption by teenagers and meets the AGHE)</p>	
High (H)	<p>Questionnaire</p> <ul style="list-style-type: none"> •Questionnaire thoroughly addresses the current eating habits of teenagers.(short and simple questions, range of different style of questions, logical order, minimum 10 questions, 20 people surveyed) •Included survey link (different ages and sexes) <p>Evaluation of Questionnaire</p> <ul style="list-style-type: none"> •Evaluation includes accurate summary of results for each question •Explains why changes are required for eating habits •Graphics/tables/graphs are included in evaluation •Ideas are expressed clearly and well presented <p>Menu design</p> <ul style="list-style-type: none"> •Contains 3 items for each of the following meals; breakfast, lunch and dinner suitable for teenagers •Meals are suitable for teenagers •Foods selected are nutritious and follow Australian guide to healthy eating/ RECOMMENDED SERVES <p>Presentation of Menu</p> <ul style="list-style-type: none"> -Foods selected are visually appealing – Appealing to Teenagers graphics or written description <p>Practical Application</p> <ul style="list-style-type: none"> •Food order completed correctly – including all necessary equipment •Recipe includes all relevant information – title, ingredients, equipment, method and picture •demonstrates safe and hygienic practices •food presentation- clean, considers visual appeal, <p>Create a diet for a teenager for a day. Diet consists of;</p> <ul style="list-style-type: none"> •breakfast, lunch and dinner, plus beverages •Follows the recommendations of the Australian Guide to Healthy Eating (correct serving size, provides a variety of food choices) <p>Thoroughly Justifies the choice of diet plan (at least 5 points in the written statement as to why your diet plan is suitable for consumption by teenagers and meets the AGHE)</p>	36-44

Sound (S)	<p>Questionnaire</p> <ul style="list-style-type: none"> •Questionnaire - A sound address of the current eating habits of teenagers.(short and simple questions, range of different style of questions, logical order, minimum 10 questions) •Included survey link – filled out by 15- 20 people (different ages and sexes) <p>Evaluation of Questionnaire</p> <ul style="list-style-type: none"> •Evaluation includes sound summary of results for each question •Explains why changes are required for eating habits •Graphics/tables/graphs are included in evaluation •Ideas are expressed. <p>Menu design</p> <ul style="list-style-type: none"> •Contains 3 items for each of the following meals; breakfast, lunch and dinner suitable for teenagers •Include 3 beverages of nutritional value •Meals/beverages are suitable for teenagers •Foods selected are nutritious and follow Australian guide to healthy eating/ RECOMMENDED SERVES <p>•Presentation of Menu</p> <ul style="list-style-type: none"> -Foods selected are visually appealing – Appealing to teenagers graphics or written description <p>Practical Application</p> <ul style="list-style-type: none"> •Food order completed correctly – including all necessary equipment •Recipe includes relevant information – title, ingredients, equipment, method and picture •demonstrates safe and hygienic practices •food presentation- clean, considers visual appeal, <p>Create a diet for a teenager for a day.</p> <p>Diet consists of;</p> <ul style="list-style-type: none"> •breakfast, lunch and dinner, plus beverages • Mostly follows the recommendations of the Australian Guide to Healthy Eating (correct serving size, provides a variety of food choices) <p>Justifies the choice of diet plan (at least 5 points in the written statement as to why your diet plan is suitable for consumption by teenagers and meets the AGHE)</p>	20-35
Basic (B)	<p>Questionnaire</p> <ul style="list-style-type: none"> •Questionnaire addresses the current eating habits of teenagers.(short and simple questions, may not have range of different style of questions, logical order and may not have 10 questions) •Included survey responses – filled out by less than 20 people (different ages and sexes) 	12-19

	<p>Evaluation of Questionnaire</p> <ul style="list-style-type: none"> •Evaluation includes basic summary of results for each question •Briefly states why changes are required for eating habits •Graphics/tables/graphs are included in evaluation, may not be clear or accurately represented •Ideas are expressed to a basic standard or not at all <p>Menu design</p> <ul style="list-style-type: none"> • May not contain all 3 items for each of the following meals; breakfast, lunch and dinner suitable for teenagers •Meals/beverages may not be entirely suitable for teenagers •Foods selected are nutritious but may not follow Australian guide to healthy eating/ RECOMMENDED SERVES <p>•Presentation of Menu</p> <ul style="list-style-type: none"> -Foods selected are visually appealing - Appealing to Teenagers graphics or written description <p>Practical Application</p> <ul style="list-style-type: none"> •Food order completed with inaccuracies, may not have included all necessary equipment •Recipe includes most relevant information – title, ingredients, equipment, method and picture •demonstrates safe and hygienic practices •food presentation- poorly presented <p>Create a diet for a teenager for a day. Diet consists of;</p> <ul style="list-style-type: none"> •breakfast, lunch and dinner, plus beverages • May not follows the recommendations of the Australian Guide to Healthy Eating (correct serving size, provides a variety of food choices) <p>States the choice of diet plan (3- 5 points in the written statement as to why your diet plan is suitable for consumption by teenagers and meets the AGHE)</p>	
Limited (L)	<p>Questionnaire</p> <ul style="list-style-type: none"> •Questionnaire inadequately addresses the current eating habits of teenagers.(short and simple questions,limited range of different style of questions, logical order, minimum 10 questions) •Included survey responses – filled out by less than 20 people (different ages and sexes) <p>Evaluation of Questionnaire</p> <ul style="list-style-type: none"> •Evaluation is limited or does not include summary of results for each question • Limited explanation or does not explain why changes are required for eating habits •Graphics/tables/graphs not included in evaluation or a poorly constructed •Ideas are limited overall <p>Menu design</p>	0-11

	<ul style="list-style-type: none"> •Contains less than 3 items for each of the following meals; breakfast, lunch and dinner suitable for teenagers •Meals/beverages are unsuitable for teenagers •Foods selected are not nutritious and do not follow Australian guide to healthy eating/ RECOMMENDED SERVES <ul style="list-style-type: none"> •Presentation of Menu -Foods selected lack visual appeal - Has not considered Teenagers in menu design <p>Practical Application</p> <ul style="list-style-type: none"> •Food order completed incorrectly – may not have all necessary equipment •Recipe does not include all relevant information – title, ingredients, equipment, method and picture •demonstrates safe and hygienic practices •food presentation- does not consider visual appeal. <p>Create a diet for a teenager for a day. Diet consists of;</p> <ul style="list-style-type: none"> • Has not included one or more areas -breakfast, lunch and dinner, plus beverages •May not follow the recommendations of the Australian Guide to Healthy Eating (correct serving size, provides a variety of food choices) <p>Limited justification of the choice of diet plan (at least 5 points in the written statement as to why your diet plan is suitable for consumption by teenagers and meets the AGHE)</p>	
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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