



# ORANGE HIGH SCHOOL

## ASSESSMENT TASK NOTIFICATION

<b>Subject</b>	HSC Exploring Early Childhood
<b>Topic</b>	Nutrition
<b>Class Teacher</b>	C. Ryan
<b>Head Teacher</b>	T.Dray
<b>Year</b>	12
<b>Date Given</b>	Week 2
<b>Date Due</b>	Practical Fri 31 May    Theory Mon 3 <sup>rd</sup> June (week 6)
<b>Weighting</b>	35%

### Assessment Outline

To design a five day cyclic menu for children, of a specific 3- 5 year age group, in a Day Care Centre.

You have been appointed as the *Dietician* in a *Day Care Centre* and you must formulate a *5 day cyclic menu*, with *accompanying recipes*. The cyclic menu will be offered on week days, Monday - Friday and provide options for *breakfast, lunch, dinner and snacks*. The menu must offer nutritional options to promote health, growth and development of children in the *3-5 year age group*, in their care.

The menu must consider:

- \* Food allergies and intolerances.
- \* Nutritious, balanced meals
- \* Variety in colour, texture and flavour
- \* Likes and dislikes
- \* Cultural groups and major religion of children attending and the associated foods forbidden
- \* Budget of \$2.00- \$3.00 per child per meal, for food costs.
- \* Bibliography and all recipes used, **MUST** state the source
- \* Choose **ONE of the lunch menus** to prepare in class in a practical lesson.
- \* Complete a food order sheet for this lunch a week in advance.

### **Outcomes Assesses**

- 1.3 examines the nature of different periods in childhood - infant, toddler, preschool and the early school years
- 1.4 examines the ways in which family, community and culture influence the growth and development of young children
- 1.5 examines the implications for growth and development when a child has special needs

### **Non-completion of Task:**

If you know you are going to be away on the day that the task is due, you must make alternative arrangements with your teacher beforehand. If you are suddenly away on the day that the task is due, you must contact your teacher or Head Teacher on your return to school. Documentation will be required in both classes.

### **Plagiarism:**

Plagiarism, the using of the work of others without acknowledgement will incur serious penalties and may result in zero award. Any cheating will also incur penalties.

**Failure to follow the above procedures may result in a zero award.**

**The policies and procedures that are outlined on the ROSA booklet will be followed regarding the non-completion of assessment tasks.**

<b>Range</b>	<b>A Student in this range:</b>
80-100	<ul style="list-style-type: none"> <li>• An outstanding knowledge of the nutritional content and nutritional value of foods and their dietary role in formulating a balanced cyclic menu.</li> <li>• An extensive understanding of the role of a Day Care Centre in providing nutritious meals</li> <li>• A broad variety of recipes and an outstanding justification for the choice of recipes for the cyclic menu</li> <li>• An outstanding correlation between diet and the health and well- being of a child</li> <li>• An outstanding practical result, producing a lunch item suitable for the age group that is nutritious and looks appealing.</li> </ul>
60 -79	<ul style="list-style-type: none"> <li>• A high knowledge of the nutritional content and nutritional value of foods and their dietary role in formulating a balanced cyclic menu.</li> <li>• A high understanding of the role of a Day Care Centre in providing nutritious meals</li> <li>• A broad variety of recipes and a thorough justification for the choice of recipes for the cyclic menu</li> <li>• An thorough correlation between diet and the health and well- being of a child</li> <li>• A high practical result, producing a lunch item suitable for the age group that is nutritious and looks appealing.</li> </ul>
30-59	<ul style="list-style-type: none"> <li>• A sound knowledge of the nutritional content and nutritional value of foods and their dietary role in formulating a balanced cyclic menu.</li> <li>• A sound understanding of the role of a Day Care Centre in providing nutritious meals</li> <li>• A variety of recipes and a sound justification for the choice of recipes for the cyclic menu</li> <li>• A sound correlation between diet and the health and well- being of a child</li> <li>• A sound practical result, preparing a lunch item for the age group</li> </ul>
9 - 29	<ul style="list-style-type: none"> <li>• A basic knowledge of the nutritional content and nutritional value of foods and their dietary role in formulating a balanced cyclic menu.</li> <li>• A basic understanding of the role of a Day Care Centre in providing nutritious meals</li> <li>• A variety of recipes and a basic justification for the choice of recipes for the cyclic menu</li> <li>• A basic correlation between diet and the health and well- being of a child</li> <li>• A basic practical result.</li> </ul>
0 - 8	<ul style="list-style-type: none"> <li>• A limited knowledge of the nutritional content and nutritional value of foods and their dietary role in formulating a balanced cyclic menu.</li> <li>• A limited understanding of the role of a Day Care Centre in providing nutritious meals</li> <li>• A limited variety of recipes and a little justification for the choice of recipes for the cyclic menu</li> <li>• A limited correlation between diet and the health and well- being of a child</li> <li>• A limited result with practical work.</li> </ul>

## Marking Rubric

To successfully research, analyse information and justify your choice of recipes to form your menu, firstly plan your work on the scaffold provided.

Task	Weighting
*Design your cyclic menu on a daily basis, a page per day. Consider a visually appealing lay out and variation in food colour, texture and flavour - five daily menus: Monday-Friday	/30
*JUSTIFY why have you chosen EACH of these meals? Colour, texture, flavour, cost, likes/ dislikes, allergy free, nutritive value.	/25
*Is the menu balanced for each day? Justify your choice – foods from the 5 food groups offered in the recommended daily intake. Under each daily menu write up a table showing how it is balanced.	/25
Practical Component – prepare ONE lunch menu	/20

TOTAL MARKS

/100