ORANGE HIGH SCHOOL

ASSESSMENT TASK NOTIFICATION

Subject	HSC Food Technology
Topic	Contemporary Nutrition Issues
Class Teacher	L. Phillips
Head Teacher	D. Wait
Year	12
Date Given	Week 1: Term 3
Date Due	**Week 3: Term 8 Friday 19th June 2020**
Weighting	20%

Faculty: Home Economics	**Subject: Food Technology**	**Topic: Contemporary Nutrition Issues**
Teacher: L.Phillips	Student:	

Task Description & requirements:

You are to choose a group in society and research the nutritional needs of that group. You are to choose the group from the list below:

- **Teenagers**
- **Middle Aged**
- **Elderly**
- **Vegetarians**
- **Athletes**
- **Pregnant Women**

The specific areas of research are outlined below.

(a) Group Research	Name your group and describe the characteristics of the group. List the nutritional needs of that group and this groups current health status in Australia.
(b) Identify and discussion of disease or condition.	For the chosen group, identify a condition or disease that may affect that group. Provide details of the condition or disease and clearly link to the group.
(c) Strategy	Develop a strategy to promote optimum health for the group. Link the strategy to nutrition & lifestyle.
(d) Menu	Design a one day's menu to address the nutrition needs and/or issues of the selected group. Include breakfast, lunch and dinner, suggested snacks and drinks. Provide a thorough explanation of how the menu meets the nutritional needs of the group.
(e) Bibliography	Acknowledgment of all sources of information.

Date Given: Tuesday 24th July 2018	Date due: Friday 10th August 2018

Marking Scale:

(a) Group Research	/ 20
(b) Identify and discussion of disease or condition.	/ 20
(c) Strategy	/ 20
(d) Menu	/ 20
Total:	/ 80

Advice on Acknowledging of References:
Include a bibliography as requested.

Penalties:
Late submission without Doctors Certificate will result in a zero award and the relevant documentation will be sent to Parents / Guardians

Please note: Plagiarism, the using of the work of others without acknowledgment will incur serious penalties and may result in a zero ward.

Marking Criteria	
70 -80	• Outstanding knowledge of contemporary nutrition issues relating to a selected group in society. • Superior understanding of the nutritional needs of the selected group. • Outstanding development of a day's menu to address the nutritional needs and/or issues of selected group • Demonstrated superior research of a condition or disease linked to this group. • Superior evidence of a strategy to promote optimum health for the group, linked to nutrition and lifestyle. • Effectively communicates information and acknowledgement of all sources of information.
50 - 69	• Thorough knowledge of contemporary nutrition issues relating to a selected group in society. • Accomplished understanding of the nutritional needs of the selected group. • Thorough development of a day's menu to address the nutritional needs and/or issues of selected group • Demonstrated accomplished research of a condition or disease linked to this group. • accomplished evidence of a strategy to promote optimum health for the group, linked to nutrition and lifestyle. • Competently communicates information and acknowledgement of all sources of information.
26 - 49	• Sound knowledge of contemporary nutrition issues relating to a selected group in society. • Sound understanding of the nutritional needs of the selected group. • Sound development of a day's menu to address the nutritional needs and/or issues of selected group • Demonstrated sound research of a condition or disease linked to this group. • Sound evidence of a strategy to promote optimum health for the group, linked to nutrition and lifestyle. • Sound communication of information and acknowledgement of some sources of information.
11 - 25	• Basic knowledge of contemporary nutrition issues relating to a selected group in society. • Basic understanding of the nutritional needs of the selected group. • Basic development of a day's menu to address the nutritional needs and/or issues of selected group • Demonstrated basic research of a condition or disease linked to this group. • Basic evidence of a strategy to promote optimum health for the group, linked to nutrition and lifestyle. • Basic communication of information.
1 - 10	• Limited knowledge of contemporary nutrition issues relating to a selected group in society. • Limited understanding of the nutritional needs of the selected group. • Limited development of a day's menu to address the nutritional needs and/or issues of selected group • Demonstrated limited research of a condition or disease linked to this group. • Limited evidence of a strategy to promote optimum health for the group, linked to nutrition and lifestyle. • Limited communication of information.
0	Not Attempted

PLANNER/SCAFFOLD Name of chosen group_____

Area of Research:

Part A: Characteristics of this group: eg. Age, stage of life cycle, level of activity, lifestyle, etc etc

Nutritional needs of this group:

How much of EACH of the nutrients do they need? Proteins, carbohydrates, lipids, vitamins (which ones in particular?) minerals (which ones in particular?), water.

What can you find out about this group's current health status in Australia? (1/2 page)

Part B: Identify a condition or disease (nutrition issue) that may affect this group: _____

(*Identify*_____)

(nutrition issues such as obesity, anorexia nervosa, dental caries, hypertension, bulimia, haemorrhoids, hiatus hernia, diverticulitis, type 2 diabetes, gestational diabetes, cardiovascular/heart disease, osteoporosis, colon cancer)

Provide details of the condition and CLEARLY LINK to the group - at least 1 page

(Discuss _____)

Part C: Strategy – What is a plan for this group to enable them to overcome these health problems and get back to improved/ good health? LINK this to nutrition and lifestyle……. How should they *change* their diet and lifestyle? What should they eat, what should they try and do each day?

<u>Part D:</u> MENU – Design a day's menu to address the nutritional needs and/or issues of the selected group. What should they eat for breakfast, lunch, dinner, snacks, drinks?
You don't need to provide recipes but the chosen menu must relate to the group's daily nutritional needs in Part A). Under each recipe write down the nutritional value and thoroughly **explain** how this meets the nutritional needs of the group (at least 3 pages).