



ORANGE HIGH SCHOOL

ASSESSMENT TASK NOTIFICATION



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|----------------------|--|
| Subject | Technology Mandatory- Food |
| Class Teacher | Ms Nealon, Mrs Phillips |
| Head Teacher | Mr Daniel Wait |
| Year | Year 7 & 8 |
| Date Given | Term 1: Week 7 |
| Date Due | Prac: Term 1 Week 9 Theory: Term 1: Week 10 Video: Term 2: Week 2 |
| Weighting | 50% |

Assessment Task Guidelines:

Task 1: Australian Guide to Healthy Eating Recipe Documentation:

Using the Australian Guide to Healthy Eating, you and a partner are to select a healthy recipe suitable for a teenager (from a provided list) that will be prepared and cooked in class.

You need to interpret nutritional guides, complete a daily personal food journal, analyse your daily diet, and justify the recipe selected according to the AGHE Guidelines.

You will complete an evaluation on the process and final product. (Cooking segment).

Task 2: Cooking Segment:

You are to produce and film a cooking segment using the healthy recipe you selected in Task 1.

The video will be filmed during a practical lesson in **week 9 of term 1**.

Using the storyboards provided, you are to plan out your segment.

After the segment is filmed, you and your partner are responsible for editing your cooking segment using various techniques, opening titles and closing credits.

Task 3: 2 x Practical Assessments:

In Term 1 and Term 2, you will be assessed for your knowledge and skills in hygiene, safety, food preparation techniques and use of equipment during two practical lessons.

Outcomes to be assessed

A student:

TE4-1DP designs, communicates and evaluates innovative ideas and creative solutions to authentic problems or opportunities

TE4-2DP plans and manages the production of designed solutions

TE4-3DP selects and safely applies a broad range of tools, materials and processes in the production of quality projects

TE4-6FO explains how the characteristics and properties of food determine preparation techniques for healthy eating

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.

Australian Guide to Healthy Eating Activity




Name: _____ Class: _____

Use the Australian Guide to Healthy Eating website <https://www.eatforhealth.gov.au/eat-health-calculators> to complete this activity.

1. How many serves of the 5 Food Groups do you as a teenager need each day?

Go to the Australian Guide to Healthy Eating website <https://www.eatforhealth.gov.au/eat-health-calculators> and complete the Average Recommended Number of Serves Calculator for yourself.

Record your results in the table below.

|  | Breads and Cereals | Fruit | Vegetables | Dairy | Meat and Protein | Fats and Oils |
|---|--------------------|-------|------------|-------|------------------|---------------|
| Serves | | | | | | |

Comments:

2. Complete a 1-day food journal for a normal day's eating for you.



| | |
|-----------|--|
| Breakfast | |
| Lunch | |
| Dinner | |
| Snacks | |
| Drinks | |

Comments:

3. Analyse your food journal- how many serves of each food group are you eating?

Use the information on Google Sites to help decide how many servings you are getting per day.

https://sites.google.com/s/1Pm0w7g0rDLRn_SMEYH4d986G73O1v0Y/p/1NuddwlatsetpqZVdowzxBqPd9RvQzylu/edit

Your food servings for the one-day journal.

| | Breads and Cereals | Fruit | Vegetables | Dairy | Meat and Protein | Fats and Oils |
|----------|--------------------|-------|------------|-------|------------------|---------------|
| Servings | | | | | | |

Are you getting the recommended servings for each group? _____

Highlight the food groups **yellow** that you are getting enough of.

Highlight the food groups **blue** that you need to eat more of.

What did you learn by analysing your daily diet?



Recipe Selection

Review the following recipes designed for healthy eating amongst teenagers.

Select the recipe that you think is most suitable for your Cooking Segment.

Advise Mrs Nealon by end of Week 7, Term 1, which recipe your group has chosen to complete for your Cooking Segment.

Recipe 1: Ham and Zucchini Pikelets



| <u>Ingredients</u> | <u>Method</u> |
|--|--|
| -3/4 cup wholemeal self-raising flour -1/4 cup self-raising flour -1/4 cup reduced-fat tasty cheese (grated) -1/2 medium zucchini (grated) -50g diced ham -3/4 cup skim milk -1 egg -1 tsp olive oil -1/2 cup plain low-fat yoghurt -1 tablespoon finely chopped fresh chives | 1- Combine flours and cheese in a large bowl. Make a well in the centre. Lightly beat egg. Combine zucchini, ham, milk and eggs in a large jug. Add egg mixture to flour mixture. Stir until combined. 2- Heat oil in pan. Drop 1 heaped tablespoon of batter into pan. Repeat to make 6 pikelets. Cook for 2-3 minutes or until bubbles start to form on surface. Cool on wire rack. Repeat with remaining batter to make 24 pikelets. 3- Combine yoghurt and chives in a small bowl. Stir to combine. Serve pikelets with yoghurt mixture. |

Recipe 2: Baked chicken fajitas



| <u>Ingredients</u> | <u>Method</u> |
|---|---|
| -240g boneless, skinless chicken breasts -1/2 red capsicum -1/2 yellow capsicum -1/2 green capsicum -1/2 medium onion -1/2 tsp cumin -1/4 tsp salt -1/4 tsp black pepper -2 T olive oil -4 corn tortillas -2T fat-free sour cream (for serving) | 1- Preheat oven to 200°C. 2- Chop chicken into strips approximately 1cm thick. On a separate chopping board, de-seed and cut vegetables into approximately 2cm thick strips. 3- In a large bowl, combine chicken, capsicums, onion, cumin, salt, pepper and oil until well coated. 4- Bake uncovered for 20-25 minutes or until chicken is cooked through and vegetables are tender. 5- Serve alongside corn tortillas and top with sour cream. |

Recipe 3: Basic beef burger



| <u>Ingredients</u> | <u>Method</u> |
|---|---|
| <ul style="list-style-type: none">-250g beef mince-1/3 large brown onion (finely chopped)-1 egg (lightly whisked)-1 clove garlic (grated)-1 teaspoon Worcestershire sauce-1 tablespoon olive oil-50g grated cheese-2 hamburger buns-2 large lettuce leaves-4 slices tomato-salt and pepper to season-tomato sauce to serve | <ol style="list-style-type: none">1- Combine mince, egg, grated onion, grated garlic and Worcestershire sauce in a bowl. Season with salt and pepper. Mix with your hands until evenly combined.2- Divide the mixture in half. Shape each portion with your hands into a patty about 10cm in diameter and 1.5cm thick.3- Cook patties in non-stick frypan until browned and cooked through. Transfer the patties to a plate and set aside.4- Preheat grill on high. Place hamburger buns, cut side up, under the preheated grill and toast for 1 minute.5- Top patties with cheese. Add patties to hamburger buns and grill until cheese melts.6- To serve, add lettuce, tomato slices and tomato sauce. |

Recipe 4: Zucchini slice muffins



| <u>Ingredients</u> | <u>Method</u> |
|--|--|
| -2 zucchini, grated -1 brown onion, finely chopped -50g ham, chopped -1/2 cup grated cheese -2 cups self raising flour -3 eggs -1/4 cup olive oil -3/4 cup milk -1/2 cup ricotta -2 tablespoons chopped fresh parsley -salt and pepper to season | 1- Preheat oven to 180°C. Grease a 12-hole capacity muffin pan. 2- Place $\frac{3}{4}$ of the grated zucchini into a large bowl. Add chopped onion, ham, cheese and flour. Stir to combine. 3- Whisk eggs, oil, milk and ricotta together. Add to zucchini mixture. Season with salt and pepper. Add parsley. Mix to combine. 4- Divide mixture among 12 holes in prepared pan. Top with remaining grated zucchini. 5- Bake for 15-20 minutes or until golden and just firm to touch. Stand in pan for 5 minutes. Transfer to wire rack to cool. |

Extra: Mixed berry smoothie

(with all of the above recipes you may also chose to make a mixed berry smoothie)



| <u>Ingredients</u> | <u>Method</u> |
|---|---|
| -100g frozen berries -2 sliced strawberries -1/2 banana -1/2 cup vanilla yoghurt -1/3 cup skim milk -Honey, to serve | 1- Place the berries, banana, yoghurt and milk in a blender. Blend until smooth. 2- Pour mixture into 2 cups. Drizzle with honey and top with sliced strawberry. |



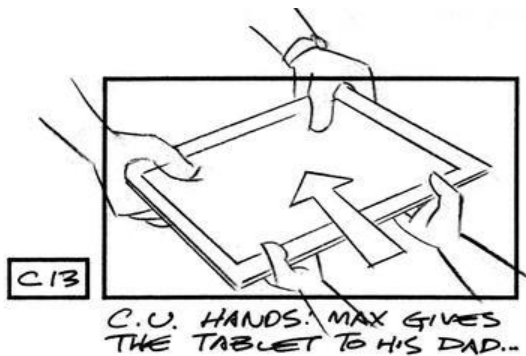
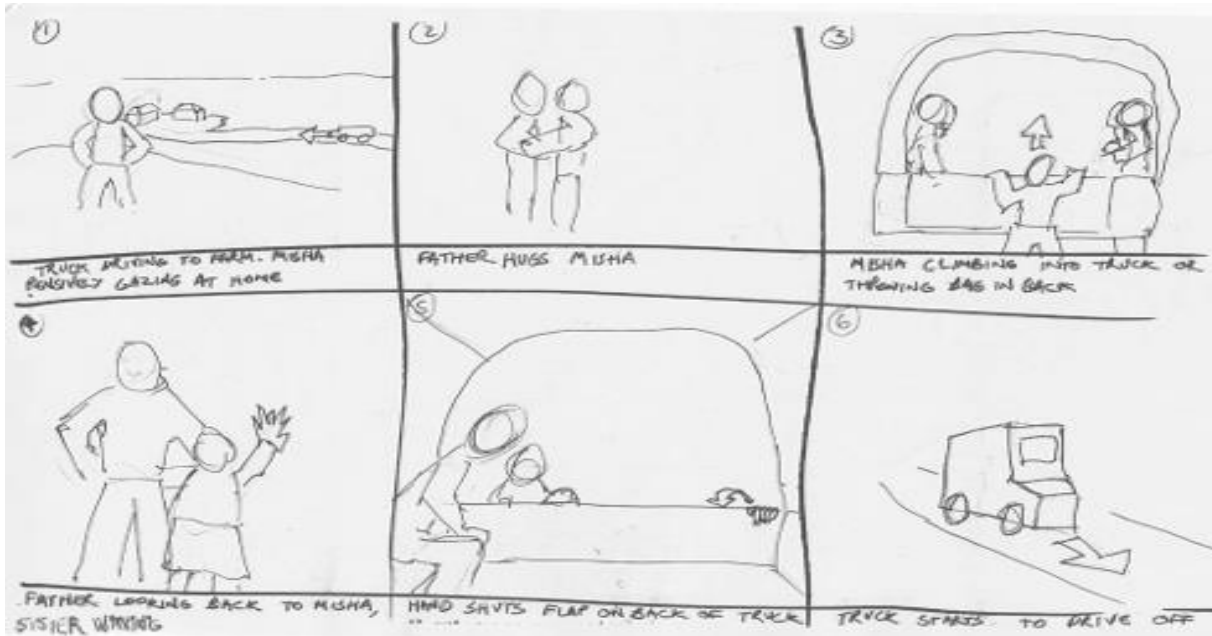
Justification of my Recipe Choice.

I have chosen the recipe: _____ for the cooking segment.

Please write a paragraph on why you have selected this recipe for your assessment.

Storyboard and Script Development.

A storyboard is a sequence of drawings, typically with some directions and dialogue, representing the shots planned for a film or television production.



Watch the Jamie Oliver clip (Google Sites) and fill in the storyboards to map out his segment. Use basic stick drawings and a brief explanation of what is happening underneath.

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Now think about how you will film and edit your cooking segment. Fill in the storyboards to map out your segment. Use basic stick drawings and a brief explanation of what is happening underneath.

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Now watch the clip on the 4 different slow cooker meals.

What camera angles did they use? _____

What editing tools did they use to help fit all that cooking into such a short segment?

How did they make the food look so good? (Think decoration, colours etc.)

Think about the recipe you are making. What editing techniques can you use to make your cooking segment look professional and to fit in all in in 2-3 minutes?

How can you decorate your food to make the final product look really appealing? (Think: garnish, using a fork to break the food up, someone eating it, how you're going to serve it) Use the internet to get some inspiration.



