



ASSESSMENT TASK NOTIFICATION

SUBJECT:	Food Technology
TEACHER:	Ms. M. Smith email: megan.smith9@education.nsw.gov.au
UNIT:	Nutrition
VALUE:	30%
DATE NOTIFIED:	10/8/2020 WEEK 4 A
DATE DUE:	22/8/2020 WEEK 5 B



Details of Task

The nutritional requirements of pregnant women are different from those of other adult females. Similarly, the nutritional needs of adolescents differ from those of children. With this in mind, choose **ONE** group from the life cycle and complete the following activities.

1. Investigate the recommended dietary intake of energy, protein, carbohydrates, fats, vitamins and minerals for your chosen group of study.
2. Create a pamphlet promoting a nutritionally sound diet for your chosen group of study.
3. Design five main meals that will satisfy your groups' nutritional requirements

Use a variety of methods to present your work, i.e. written, graphic and/or tabular.

Targeted Outcomes

- P3.1 assesses the nutrient value of meals/diets for particular individuals and groups
- P3.2 presents ideas in written, graphic and oral form using computer software where appropriate
- P4.3 selects foods, plans and prepares meals/diets to achieve optimum nutrition for individuals and groups
- P5.1 generates ideas and develops solutions to a range of food situations.

Marking Criteria	
<ul style="list-style-type: none"> demonstrates extensive knowledge and understanding while assessing the nutrient value of meals/diets for particular individuals and groups demonstrates extensive knowledge and understanding during the selection of foods and planning meals/diets to achieve optimum nutrition for individuals and groups demonstrates superior understanding when generating ideas and develops solutions to a range of food situations. effectively presents ideas in written, graphic and oral form using computer software 	24-30
<ul style="list-style-type: none"> demonstrates thorough knowledge and understanding while assessing the nutrient value of meals/diets for particular individuals and groups demonstrates thorough knowledge and understanding during the selection of foods and planning meals/diets to achieve optimum nutrition for individuals and groups demonstrates accomplished understanding when generating ideas and develops solutions to a range of food situations. effectively presents ideas in written, graphic and oral form using computer software 	17-23
<ul style="list-style-type: none"> demonstrates satisfactory knowledge and understanding while assessing the nutrient value of meals/diets for particular individuals and groups demonstrates satisfactory understanding and application during the selection of foods and planning meals/diets to achieve optimum nutrition for individuals and groups demonstrates satisfactory understanding when generating ideas and develops solutions to a range of food situations. adequately presents ideas in written, graphic and oral form using computer software 	10 - 16
<ul style="list-style-type: none"> demonstrates a basic knowledge and understanding while assessing the nutrient value of meals/diets for particular individuals and groups demonstrates basic understanding and limited application during the selection of foods and planning meals/diets to achieve optimum nutrition for individuals and groups demonstrates basic understanding when generating ideas and develops solutions to a range of food situations. presents some ideas in written, graphic and oral form using computer software 	5 - 9
<ul style="list-style-type: none"> demonstrates elementary knowledge and understanding while assessing the nutrient value of meals/diets for particular individuals and groups demonstrates elementary understanding and limited application during the selection of foods and planning meals/diets to achieve optimum nutrition for individuals and groups demonstrates elementary understanding when generating ideas and develops solutions to a range of food situations. presents limited ideas in written, graphic and oral form using computer software 	0 - 4