**Assessment Task Advice**

Course: Food Technology  
(Preliminary HSC)  

Area of study: Nutrition  
Task Number: 1  

Date Issued: 2015  
Date Due: 23/3/2015  

Mark out of: 20  
Weighting: 20%  

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**Task Type:**  
Written Report/Practical Work

**Task Description:**

**Nutrition Individual Assessment Task**

**Outcomes being assessed by this task:**

- **P3.1** Assesses the nutrient value of meals/diets for particular individuals and groups.
- **P3.2** Present 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.

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**Notes:**
1. An assessment task information sheet is to be issued to all students a minimum of 2 weeks before the task is to be completed including tasks scheduled in Assessment Weeks or blocks, i.e. examination type tasks.
2. Students must only submit their own work for assessment whether completed in class or exam or at home. A zero mark may be awarded if evidence is found to support any evidence of malpractice including plagiarism.
3. Students may submit a task (other than class/exam and oral tasks) after the due date but a penalty will apply to any mark awarded.
4. Students who are absent on the day of a scheduled class/exam or oral task should notify the school and contact the Head Teacher of the relevant course immediately they return to school.

*The complete Killara High School Assessment Policy is available on the Killara High School Web Site [www.khs.nsw.edu.au](http://www.khs.nsw.edu.au)*
You are a Consultative Nutritionist working for the Adolescent Unit of a large regional hospital. The Unit’s main role is to work closely with ‘out patients’ who have serious medical issues. Increasingly, you are dealing with the health consequences of obesity. A current patient of yours is Craig who is 19 years old and weighs 162kg and is 170cm. He has struggled with obesity since early childhood and has other health related issues.

An assessment of Craig’s diet has revealed all lunches and dinners are fast food based and include food from Hungry Jacks, KFC, McDonalds and Dominos, coupled with snack foods such as Twisties, Burger Rings, and Mars Bars. Thick shakes and Coca Cola are his main beverages. He has a negligible intake of fruit and vegetables. It is not uncommon for Craig to consume 7 of any one fast food burgers in a week.

Your job is to help Craig understand how detrimental his diet is to both his short and long term health. Craig’s limited literacy skills means he struggles with reading, so information pamphlets are of little benefit to him. Instead, visual aides are best suited.

The focus of this task is to investigate the fat content of a specific fast food burger.
Task description and instructions:
Theory: You are to investigate the fat content on one of the following burgers: Double Quarter Pounder, Ultimate Double Whopper, Double Whopper with Cheese, Angus BBQ Bacon or the Zinger Tower Burger.
1. State and provide a picture of the burger being analysed, include the kilojoule (kJ) content.
2. Design a visual aid that shows i) total fat and ii) saturated fat content of the burger.
3. Design a visual aid that indicates the amount of fat and total kJ’s when 7 burgers are consumed. Include a written quantity of fat in grams.
4. Create a visual aid (that contrasts the above) that reveals what Craig’s age should be consuming in a day, consider the recommended kJ intake per day and the Australian Dietary Guidelines.
5. Indicate through pictures and limited words the better type of fat he should be eating.
6. In 650 words research, analyse and explain:
   i) the role of fat in the diet
   ii) why the consumption of a diet high in saturated fats is detrimental to health and a long life expectancy.
   iii) Two possible diseases Craig could already suffer from due to his diet (do not include obesity)

You MUST include a reference list and submit “Reflection on Learning”

Practical: Design and prepare a ‘healthy burger’ for Craig that will provide a variety of essential nutrients and include ‘good fat’ but is no more than ¼ of his kilojoule requirement.
Submit your full recipe for the ‘healthy burger’ you are preparing.

Recipe due: 16/3/15
Your recipe will need to be prepared and presented within 60 minutes of the lesson starting.
Consider how to present the burger for visual appeal.

Evaluation: Evaluate your product and your performance during the practical.
You must include an image of your product in your evaluation.

Evaluation due: 31/3/15
<table>
<thead>
<tr>
<th>Outcome Grade</th>
<th>P3.1 Assess the nutrient value of meals/diets for particular individuals and groups</th>
<th>P3.2 Presents ideas in written, graphic and oral form using computer software where appropriate</th>
<th>P4.3 Selects foods, plans and prepares meals and diets to achieve optimum nutrition for individuals and groups</th>
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</thead>
<tbody>
<tr>
<td>Grade A 18-20</td>
<td>Demonstrates an extensive knowledge and ability to assess in a sophisticated manner the fat and kilojoule content of specific foods. Analyses in a sophisticated manner the role and impact of fat, accurately identifying the nutritionally related diseases a high consumption is associated to.</td>
<td>Presents ideas in a sophisticated diagrammatic form that accurately addresses each of the areas within the task. Saturated fat, total fat and kJ content has been very well addressed as has the comparisons required.</td>
<td>Designs, prepares and implements meal solutions which very accurately meet the nutritional requirements for Craig to reduce his weight and improve his overall health outcome. Demonstrated excellent organisational skills by submitting a food order and having all required equipment for practical lesson e.g. apron, tea towel and place setting.</td>
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<tr>
<td>Grade B 15-17</td>
<td>Demonstrates a sound knowledge and ability to assess in a good manner the fat and kilojoule content of specific foods. Analyses in a sound manner the role and impact of fat, quite accurately identifying the nutritionally related diseases a high consumption is associated to.</td>
<td>Presents ideas in a clear and accurate diagrammatic form that clearly addresses each of the areas within the task. Saturated fat, total fat and kJ content has been addressed but not as clearly as above. Comparisons have been completed but may not be as accurate.</td>
<td>Designs, prepares and implements meal solutions which reflect a sound degree of understanding of the nutritional requirements for Craig to reduce his weight and improve his overall health outcome. Demonstrated good organisational skills by submitting a food order and having most required equipment for practical lesson e.g. apron, tea towel and place setting.</td>
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<tr>
<td>Grade C 13-14</td>
<td>Demonstrates a basic knowledge and ability to assess in a simple manner the fat and kilojoule content of specific foods. Explains in a basic manner the role and impact of fat, less accurately identifying the nutritionally related diseases a high consumption is associated to.</td>
<td>Presents ideas in a more basic and less accurate diagrammatic form. Does not clearly address saturated fat, total fat and kJ contents. Comparisons have not been completed or lack sufficient detail and may not be as accurate or as clear.</td>
<td>Designs, prepares and implements meal solutions which reflect a basic degree of understanding of the nutritional requirements for Craig to reduce his weight and improve his overall health outcome. Demonstrated more basic organisational skills by not submitting a food order and not having most required equipment for practical lesson e.g. apron, tea towel and place setting.</td>
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<tr>
<td>Grade D 10-12</td>
<td>Demonstrates a poor knowledge and ability to assess in a weak manner the fat and kilojoule content of specific foods. Explains in a poor manner the role and impact of fat, inaccurately identifying the nutritionally related diseases a high consumption is associated to.</td>
<td>Presents ideas in a poor diagrammatic form. Less clearly than above addresses saturated fat, total fat and kJ contents. Poor comparisons have been made or not completed or lack sufficient detail.</td>
<td>Designs, prepares and implements meal solutions which reflect a poor degree of understanding of the nutritional requirements for Craig to reduce his weight and improve his overall health outcome. Demonstrated more poor organisational skills by not submitting a food order and not having any equipment for practical lesson e.g. apron, tea towel and place setting.</td>
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<tr>
<td>Grade E 5-9</td>
<td>Demonstrates little knowledge of the fat and kilojoule content in food. Completes little to no explanation of the role and impact of fat in nutritionally related diseases.</td>
<td>Presents little pictures with minimal appropriateness. Little or no comparisons have been made.</td>
<td>Designing and preparing a meal that does not meet the nutritional requirements of Craig to reduce his weight. Demonstrates little or no organisational skills.</td>
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<tr>
<td>Non attempt 0-4</td>
<td>Little or no evidence of knowledge of the fat and kilojoule content of food.</td>
<td>Little or no diagrammatic representations. No comparisons have been made.</td>
<td>No practical component completed, not food bought in for the practical not prepared or organized.</td>
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# Reflecting on Learning

**Student Reflection** (to be completed and submitted with assessment)

*(Circle a number: 1 = strongly agree to 5 = strongly disagree)*

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<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
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<tbody>
<tr>
<td>This is my best work</td>
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<td>I was organised</td>
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<td>I understood the task</td>
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<td>I took notice of the marking guidelines</td>
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<td>I checked the meaning of key works in the glossary of terms</td>
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- What I have learnt most about the Assessment Task:

- What I found most challenging about the Assessment Task was:

- This assessment took me 0-1  2-3  4-5  6-7  8+ hours to do (circle one)

- Next time I will:

- My strengths in the task were:

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**Student:** ______________________

**Mark:** /20  
**Rank:** ________________

**Comment:**

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
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