

**STAGE 5 - 2024**  
**FOOD TECHNOLOGY**  
**D. JONES**

**FOOD SELECTION & HEALTH**



**Task Number: 1**  
**Weight: 25%**

**Notification Date: Friday 5<sup>th</sup> April 2024 (T1, W10)**  
**Due Date: Monday 13<sup>th</sup> May 2024 (T2, W3) in class**

**OUTCOMES ASSESSED**

FT5-7 justifies food choices by analysing the factors that influence eating habits  
FT5-8 collects, evaluates and applies information from a variety of sources  
FT5-11 plans, prepares, presents and evaluates food solutions for specific purposes

**TASK DESCRIPTION**

There are two (2) parts to this task.

*Part 1*

Select one of the following stages of the lifecycle:

- Pregnancy
- Lactation
- Infancy
- Childhood
- Adolescence
- Adulthood
- Aged

For your selected stage, describe the nutritional requirements for both males and females specifically outlining:

- Energy requirements
- Changes that occur to the body
- Specific nutrient requirements

*Part 2*

Design a one-day meal plan for a male OR female in your selected stage, making sure that you cater to the specific nutrient and energy needs. Your meal plan should include:

- Breakfast
- Lunch
- Dinner
- Snacks

Justify why you have chosen the dishes, linking them with specific nutrients.

## TASK INSTRUCTIONS

Present this task as a Google Doc, Word document or similar.

Include a bibliography of your sources of information.

When you have completed the task, it is to be submitted by the end of class on Monday 13<sup>th</sup> May 2024:

- Email: [danielle.forbes1@det.nsw.edu.au](mailto:danielle.forbes1@det.nsw.edu.au)
- [Submitted on a USB or similar](#)
- Printed and submitted to the teacher on the due date.

Teacher's signature:

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Mrs D Jones

Head Teacher's signature:

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Miss A Nott

Deputy Principal's signature:

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Mrs R Ferguson

ASSESSMENT CRITERIA	Marks possible
<p><i>Part 1</i></p> <ul style="list-style-type: none"> <li>• Describes energy requirements in detail for both males AND females</li> <li>• Outlines the different body changes that occur in both males AND females</li> <li>• Identifies the nutrients specifically required AND names foods that should be eaten to accommodate this need</li> <li>• Bibliography is clear and concise, including five or more sources</li> </ul> <p><i>Part 2</i></p> <ul style="list-style-type: none"> <li>• Meals chosen are highly appropriate for stage</li> <li>• Meal plan fully caters to nutrient and energy needs</li> <li>• Meal choices are justified in detail</li> </ul>	30-35
<p><i>Part 1</i></p> <ul style="list-style-type: none"> <li>• Describes general energy requirements in detail</li> <li>• Outlines general body changes in detail</li> <li>• Identifies the nutrients specifically required</li> <li>• Bibliography includes three or four sources</li> </ul> <p><i>Part 2</i></p> <ul style="list-style-type: none"> <li>• Meals chosen are appropriate for stage</li> <li>• Meal plan caters to most nutrient and energy needs</li> <li>• Meal choices are justified</li> </ul>	25-29
<p><i>Part 1</i></p> <ul style="list-style-type: none"> <li>• Describes energy requirements but lacking in detail</li> <li>• Outlines body changes for males OR females (if covers both genders) OR lacking detail</li> <li>• Identifies some nutrients required OR specific foods that should be eaten to accommodate nutrient requirements</li> <li>• Bibliography includes two sources</li> </ul> <p><i>Part 2</i></p> <ul style="list-style-type: none"> <li>• Some of the meals chosen are appropriate for the stage</li> <li>• Meal plan includes some of the nutrients required</li> <li>• Some meal choices linked to nutrients</li> </ul>	17-24
<p><i>Part 1</i></p> <ul style="list-style-type: none"> <li>• Mentions energy use</li> <li>• Mentions some body changes</li> <li>• Identifies some nutrients OR identifies inappropriate nutrients</li> <li>• Bibliography includes one source</li> </ul> <p><i>Part 2</i></p> <ul style="list-style-type: none"> <li>• Most meals inappropriate for stage</li> <li>• Meal plan includes some nutritious food</li> <li>• No justification of meal choices</li> </ul>	8-16

