

7/8 AG & FOOD

STAY AT HOME WORK

TERM 2 WEEKS 3 & 4



GOOGLE CLASSROOM CODE: gdxmix5

MRS JONES' EMAIL: danielle.forbes1@det.nsw.edu.au

INSTRUCTIONS

Assessment task 2

- ☐ Complete the assessment task included (pages 2-6). Some of you may have started this task in the last fortnight.
- ☐ You have to do this assessment whether you are attending school or not. The marks will be on your report.
- ☐ Please contact me if you need any help at all!

Recipes

- ☐ Recipe terminology activity (page 7).
- ☐ Recipes Find-a-Word (page 8).

Fruit & Vegetables

- ☐ Read through *Healthy fast food for your kids* on page 9 and answer the questions on page 10.

In the back of the booklet I have also included some recipes that you can make at home. Treat your family and keep your practical skills fresh!

MANILLA CENTRAL SCHOOL - ASSESSMENT TASK NOTIFICATION 2020

Stage 4 TECHNOLOGY MANDATORY – AGRICULTURE & FOOD TECHNOLOGIES

Teacher: D. Jones



Task Number: 2

Notification Date: Term 2 Week 3 2020

Weight: 25%

Due Date: 3:20pm Friday 5th June 2020 (Week 6)

OUTCOMES ASSESSED

TE4-5AG investigates how food and fibre are produced in managed environments

TASK DESCRIPTION

DAIRY RESEARCH TASK

Choose ONE research topic from the options listed on the attached task sheet and create an informative and creative presentation.

The dot points below each topic are suggested ideas that you could base your research on.

TASK INSTRUCTIONS

To present your information you can use PowerPoint, Google Slides, Prezi or similar. If you don't have access to a computer, you can handwrite your research.

Include a Bibliography that outlines your sources of information.

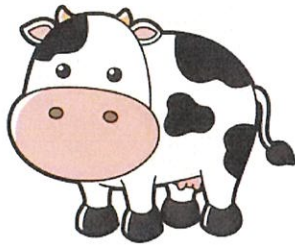
When you have completed the task, submit by:

- Email: danielle.forbes1@det.nsw.edu.au
- Google classroom, OR
- Drop it to the front office at school.

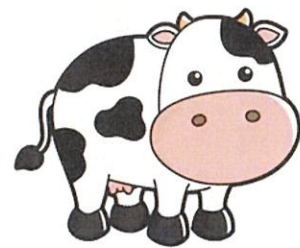
Teacher's signature:

Head Teacher's signature

Assessment Criteria	Marks possible
<ul style="list-style-type: none"> • Presents detailed, relevant research on the chosen topic • Includes highly relevant pictures/diagrams • Presentation is informative and highly creative • Bibliography is clear and concise, including five or more sources 	17-20 A
<ul style="list-style-type: none"> • Presents relevant research on the chosen topic • Includes pictures/diagrams • Presentation is informative and somewhat creative • Bibliography includes four sources 	13-16 B
<ul style="list-style-type: none"> • Presents some relevant research on the chosen topic • Includes SOME pictures/diagrams • Presentation is informative OR creative • Bibliography includes three sources 	9-12 C
<ul style="list-style-type: none"> • Presents information that does not indicate research • Includes one picture OR diagram • Presentation lacks information • Bibliography includes two sources 	5-8 D
<ul style="list-style-type: none"> • Presents research that is not relevant to the chosen topic • No pictures or diagrams in presentation • Presentation lacks information AND creativity • Bibliography includes one source 	1-4 E
<ul style="list-style-type: none"> • Non-submission of assignment 	0 N
Feedback:	



Dairy Research Task



TASK:

Choose ONE research topic from the options listed below and create an informative and creative presentation.

It is important to include both text and pictures to explain what you have learned about your research topic. Ensure that you use relevant pictures and your own words.

To present your information you can use PowerPoint, Google Slides, Prezi or similar. If you don't have access to a computer, you can handwrite your information.

RESEARCH TOPICS:

Topic 1: Calf rearing

Topic 2: The Dairy industry

Topic 3: The fifth food group

Topic 4: Farm safety

The dot points below each topic are suggested ideas that you could base your research on.

Topic 1 – Calf Rearing

- What are the nutritional requirements of a calf?
- Discuss, then calculate the quantity of various feed sources required.
- Identify environmental conditions conducive to calf safety.
- Research the standard growth curve for calves.
- Create a timeline that illustrates the important events in a young female calf's life (birth, weaning, mating, first calving, etc.)
- Estimate the quantity of milk, fat and protein the calf will produce during her first lactation.





Topic 2 – The Dairy Industry

Have a look at your community and visit the Dairy Australia website which will showcase that the dairy industry is the heart of many careers. It also supports and is supported by many other services and industries.

- Brainstorm your local community for links to the dairy industry. How significant is the dairy industry in your community?
- Use the internet to make a list of dairy related services and careers.
- From the various dairy-related careers in your community, list those that appeal to you. What special skills and/or training are required to work in these careers?
- Draw up a 'concept map' showing these industries and services, and how they relate to 1) the dairy industry, 2) the community, and 3) each other.



Topic 3 - The Fifth Food Group

The Australian Dietary Guidelines identify five food groups that are essential for daily diets. The fifth food group is dairy. Dairy is essential to everybody and every day.

Dairy foods provide a unique package of over 10 essential nutrients with a wide range of benefits. These nutrients are important for healthy blood, nervous and immune systems, eyesight, muscle and nerve function, healthy skin, energy levels and growth and repair in all parts of your body.

- Research the place of dairy in a 'healthy eating pattern'. Where are dairy products in a 'balanced diet'? How frequently should we eat dairy products and in what quantities? Do these answers vary for different situations?
- Research the importance of regular serves of dairy for teenagers, and for those who are active in sport (sports nutrition). What specific elements of dairy affect human growth and performance (such as calcium for bone density), and what are the dangers of a deficiency of dairy for these people?

Topic 4 – Farm safety

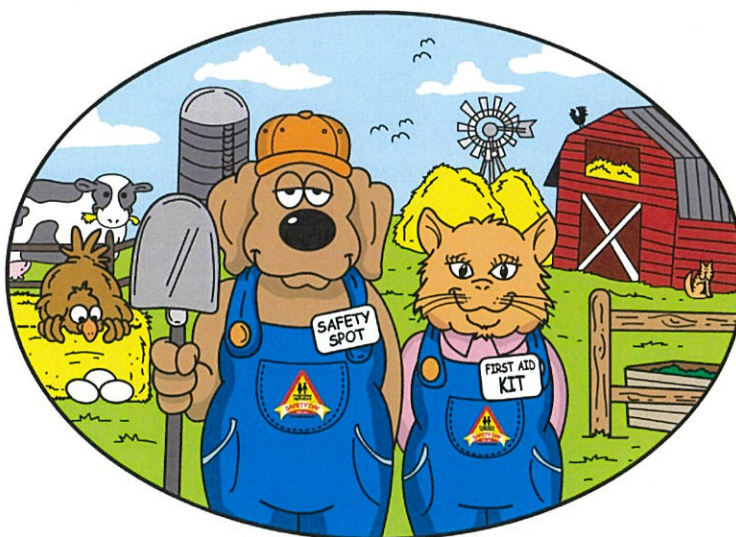
Dairy farms are special places, as they are usually both a home for the family, and a busy workplace.

As a home for the family, issues of health and safety are even more extreme than usual, given the dangers associated with big trucks driving up and down the driveway twice a day, heavy machinery, big awkward animals, even snakes and electric fences can bite!

All workplaces have rules to ensure worker health and safety is protected, and there are heavy penalties for unsafe work practices.

Health and safety issues related to dairy farms include:

- Vehicles (quad bikes, tractors, milk tankers, general traffic)
- Chemicals (along with water and effluent)
- Power and electrical (don't touch that electric fence!)
- Farm machinery
- Working spaces (confined spaces, outside spaces, heights)
- Visitors and children
- Investigate farm safety. Present a report on the potential dangers of the dairy farm environment, and recommend guidelines to minimise risks for people who live on, work on, or visit dairy farms. You might be interested to explore the nature, number and seriousness of farm accidents in Australia (many of which involve children on and around tractors and quad bikes).



When you have completed this task submit your task be:

- Email
- Google classroom, OR
- Drop it to the front office at school.

Recipe Terminology

Equipment and appliances are used in combination with methods of preparation and cookery to prepare food. Terminology used in the method section of a recipe indicates the action to take and the equipment that may be required.

Match these common terminology used in recipes to their definition:

Chop	To cook food using dry heat from the oven
Sift	To mix an ingredient vigorously to incorporate air and make it light and smooth
Peel	To cut food into very small pieces
Steam	To combine a whisked ingredient carefully into another mixture
Bake	To shake a dry ingredient through a sieve or sifter to remove lumps and incorporate air
Fold	To cook in liquid to a temperature of at least 100°C
Beat	To remove the outer skin or shell
Boil	To cook food using the steam of boiling water



Recipes Find-a-Word

After you've found all the delicious dishes listed below, you will discover a Creole dish that takes its name from the Spanish word for 'ham' in the 9 leftover letters. Words run in a straight line in any direction, including backwards and diagonally.



W	G	Q	E	M	A	E	R	C	E	C	I	S	E	M
T	I	U	P	I	L	A	F	F	A	F	E	N	H	A
S	Q	E	A	S	K	A	L	E	F	O	R	A	A	Y
A	U	S	N	C	J	W	S	U	C	A	S	A	G	O
O	I	A	A	E	A	A	D	A	C	L	B	N	G	N
R	C	D	C	F	R	M	T	N	G	R	A	T	I	N
T	H	I	F	S	U	S	O	I	A	N	B	I	S	A
O	E	L	A	L	N	C	C	L	R	M	E	M	R	I
P	E	L	P	O	I	G	E	H	E	A	K	B	P	S
S	A	A	U	L	N	M	P	R	N	A	M	L	U	E
D	T	G	L	O	A	D	I	M	S	I	M	I	O	R
E	A	I	C	R	S	N	Z	A	W	E	T	S	S	O
T	H	C	A	Y	G	S	Z	D	H	A	L	Z	A	U
C	H	C	A	U	A	K	A	S	S	U	O	M	E	X
I	P	R	E	T	Z	E	L	C	O	T	S	E	P	L

CAESAR SALAD
CANAPE
CARAMEL
CASSOULET
CHILLI CON CARNE
DHAI
DIM SIM
ECLAIR
GNOCCHI
GRATIN

GUACAMOLE
HAGGIS
ICE CREAM
KEBABS
LAKSA
LASAGNE
MAYONNAISE
MERINGUE
MOUSSAKA

NAAN
NOUGAT
PATE
PEA SOUP
PESTO
PILAFF
PIZZA
PLUM DUFF
POT ROAST

PRETZEL
QUESADILLA
QUICHE
ROUX
STEW
TACOS
TIRAMISU
WAFFLES
WIENER SCHNITZEL

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Healthy fast food for your kids.

Two serves of fruit and five serves of vegies.

Most people know that fruit and vegies are good for you. For good health, it's recommended you eat at least 2 serves of fruit and 5 serves of vegies every day.

For children, of course, serves should be adjusted according to their age.

How do I get my daily 2 & 5?

There are lots of ways you can get an extra serve of fruit and vegies into your day.

What is a serve?

VEGETABLE



1/2 cup
cooked vegies
or legumes



1 medium
potato



1 cup
salad vegies

FRUIT



1 medium piece
(e.g. apple)



2 small pieces
(e.g. apricots)



1 cup chopped
or canned fruit

Vegetable Tips

BREAKFAST Try mushrooms, tomatoes, sweet corn, baked beans or capsicum as the ultimate in toast toppings.

SNACKS Children love raw vegies. Serve carrot and celery sticks, florets of broccoli, and strips of capsicum.

MAIN MEALS Make your meat go further by adding extra vegetables in a stir-fry or casserole.

Fruit Tips

BREAKFAST Top off your cereal, toast or yoghurt with your favourite fruit.

SNACKS Freeze bananas, grapes, strawberries and oranges for a super snack.

MAIN MEALS As well as adding fruit to your salads, try it with baked fish or chicken. Delicious!

DESSERTS Serve fresh, seasonal fruits, or try pureed stewed fruit as the perfect topping.

Hungry to find out more?

For further information, plus more tips on how to get an extra serve of fruit and vegies in your day, simply contact

www.healthyactive.gov.au
1800 025 772



Australian Government
Department of Health and Ageing



Go for 2&5
FRUIT VEG

An Australian Government,
State and Territory health initiative.

Activities

1. According to the article, how many serves of fruit should you eat every day?

2. How many serves of vegetables should you eat every day?

3. Write down three ways you can get one serve of vegetables.

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-
-

4. Write down three ways you can get one serve of fruit.

-
-
-

5. Read "Vegetable tips" and come up with a way that you can eat vegetables as a lunch dish.

6. Read "Fruit tips". Create a drink that you could have at school containing at least two types of fruit.

7. Name at least three of the vegetables that the face on the article is made up of.

SOME RECIPES THAT YOU CAN MAKE AT HOME



Chocolate Fudge Slice

Ingredients

1 C plain flour	1 C coconut
1 T cocoa	185g butter
½ C sugar	½ t vanilla

Method

1. Preheat your oven to 200°C.
2. Sift flour and cocoa into a bowl.
3. Add sugar and coconut and mix.
4. Melt the butter in the microwave.
5. Add melted butter and vanilla to flour mix and mix well.
6. Press the mixture into a greased lamington tin.
7. Bake in the oven for 20 minutes.
8. Let slice cool in tin, then turn out and cut into slices.

Berry whip

Serves 2

Preparation time: 40 minutes

Ingredients

1 egg white
2 tablespoons caster sugar
125 grams low-fat ricotta cheese
½ cup frozen raspberries, chopped
1 tablespoon lemon juice
½ teaspoon lemon rind, grated
Extra raspberries, as garnish

Method

- 1 Beat egg white until peaks form.
- 2 Add caster sugar and beat until peaks are firm.
- 3 Blend ricotta cheese until smooth. Add raspberries, lemon juice and rind.
- 4 Fold egg white into the ricotta cheese and raspberry mixture.
- 5 Garnish.
- 6 Chill in the fridge until ready to serve.



