

Food For Specific Needs: Assessment Task

PART 1A – Research Questions and Seven Day Meal Plan Food for Specific Needs

An increasing number of Australians suffer diet related disorders and require specific food needs.

Choose **ONE** of the following diet related disorders and answer the research questions provided to you, complete handwritten or digitally via Google Classroom

- Gluten Free
- Lactose Free
- Type 2 Diabetes
- Heart Disease
- Specific Allergies – Egg, Peanuts
- Vegetarian or Vegan
- OR another Circumstance that leads to the need for a specific food

1. **Describe** the Diet-related disorder you have selected to research.

2. **Explain** the nutritional needs of your selected diet-related disorder and **discuss** why these nutritional needs are required.

3. Identify who generally suffers from this disease/disorder eg. The Elderly, Obese, Children Ect

4. Describe symptoms/effects of the disease/disorder

5. Explain what contributes/causes the disease/disorder

6. Explain possible ways to prevent or control the disease/disorder with a suitable balanced diet and/or medical intervention. Provide examples.

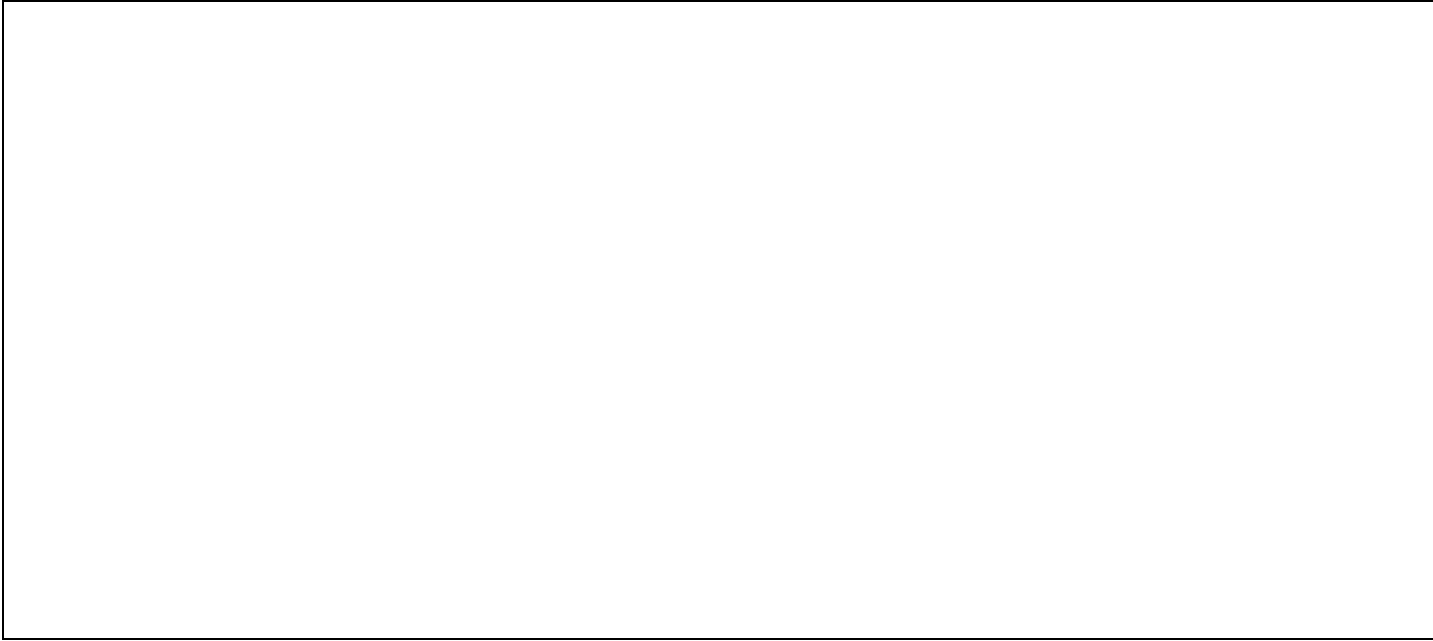
NOW COMPLETE

**PART 1B – 7-day Meal Plan
(Template)**

Specific Food Need: _____

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|--------|--------|---------|-----------|----------|--------|----------|
| Breakfast | | | | | | | |
| Morning Tea | | | | | | | |
| Lunch | | | | | | | |
| Afternoon Tea | | | | | | | |
| Dinner | | | | | | | |
| Dessert | | | | | | | |

| | |
|----------------|--|
| | |
| Serves: | |
| | |
| | |
| Method: | |



Once you have designed your recipe (on the next page), complete the below Food Order form to order your ingredients for the practical part of the Assessment Task

Food Order Form

Your name: _____

List all ingredients that you require and the amount of each ingredient.

- **Reminder you cannot use more than six (6) ingredients, this does not include oil, butter and condiments such as sauces.**

| Ingredient Description | Quantity required |
|------------------------|-------------------|
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