



<b>Task Number</b>	1	<b>Task Name</b>	Catering for Dietary Needs
<b>Course</b>	Food Technology	<b>Faculty</b>	TAS
<b>Teacher</b>	Darcy Smith, Denise Burch	<b>Head Teacher</b>	Lisa Godden
<b>Issue date</b>	Week 4, Term 1	<b>Due date</b>	<b>Practical</b> Week 7 <b>Theory</b> Week 9 <b>Food Order Due</b> Week 6
<b>Focus (Topic)</b>	Food For Specific Needs	<b>Task Weighting</b>	25%

**Outcomes**

<p>&gt; identifies, assesses and manages the risks of injury and WHS issues associated with the handling of food <b>FT5-2</b></p> <p>&gt; applies appropriate methods of food processing, preparation and storage <b>FT5-5</b></p> <p>&gt; describes the relationship between food consumption, the nutritional value of foods and the health of individuals and communities <b>FT5-6</b></p> <p>&gt; plans, prepares, presents and evaluates food solutions for specific purposes <b>FT511</b></p> <p>&gt; evaluates the impact of activities related to food on the individual, society and the environment <b>FT5-13</b></p>
---

**Task description**

<p><b>Part A: Research Report</b></p> <p>You are writing in the context of an informative research report. The task requires you to communicate your knowledge and analysis of a specific dietary condition. This is to be written for an audience with limited understanding of the condition and its dietary requirements (e.g., a health-conscious community group). The report should clearly communicate key concepts, include evidence-based justifications for food choices, and demonstrate your ability to analyze nutritional information.</p> <p>Students are to complete a research task and justify their food choices for a person with specific dietary needs. You must research one of the following conditions:</p> <ul style="list-style-type: none"> <li>● Lactose intolerance</li> <li>● Coeliac disease</li> <li>● Diabetes</li> <li>● Heart disease</li> <li>● Food allergies (e.g., nut allergy)</li> </ul>
--

## Writing Format:

### Task Requirements:

#### 1. Introduction (100-150 words)

- Clearly introduce the dietary condition you are focusing on (e.g., lactose intolerance, coeliac disease, etc.).
- State the purpose of your report: to research the condition and justify food choices suitable for someone with this condition.

#### 2. Research on Dietary Condition (200-250 words)

- Provide detailed research on the chosen dietary condition.
  - Causes and symptoms of the condition.
  - The role of diet in managing the condition.
- Use **credible sources** to back up your information (e.g., government websites, nutrition journals).
- **WIS Structure:** Write in clear, structured paragraphs with a topic sentence, supporting details, and a concluding sentence.

#### 3. Meal Plan and Food Choices (200-250 words)

- Create a day's meal plan for someone with the chosen dietary condition (breakfast, lunch, dinner, and snack).
- Justify each food choice based on nutritional needs, showing how it addresses the condition.
- Explain how the chosen foods avoid symptoms or provide essential nutrients.
- **Format:** You may present the meal plan in a table format, but the explanations and justifications must be written in full paragraphs.

#### 4. Risk Management and WHS (100-150 words)

- Identify potential WHS risks in preparing meals for someone with this condition (e.g., cross-contamination, food allergens).
- Discuss strategies to manage these risks to ensure safe food preparation.
- **Paragraph Structure:** Ensure each risk is discussed separately, followed by a solution to manage it.

#### 5. Conclusion (100-150 words)

- Summarize your key findings, restating the importance of safe and suitable food choices for managing the dietary condition.
- Reflect on how informed food preparation supports better health and wellbeing.

#### 6. References

- List all sources used in your research, formatted according to the appropriate referencing style.

## **PART B: Practical**

### **Instructions:**

You will plan, prepare, and present a dish suitable for a person with the specific dietary need you researched. The dish should meet their nutritional requirements and be safely and hygienically prepared.

### **Task Requirements:**

1. **Planning (FT5-10, FT5-11):**  
Choose a recipe that fits within your researched dietary condition. Plan your preparation process, including selecting appropriate techniques and equipment.
2. **Food Preparation (FT5-5, FT5-1):**  
On the day of the practical assessment, prepare your dish in class. You must demonstrate hygienic handling of food and ensure that the final product is safe and appealing.
3. **Budget Management (FT5-10):**  
Your ingredients must not exceed a budget of \$4.00 per student. Submit a food order that includes all necessary ingredients within this budget.
4. **Presentation (FT5-11):**  
Present your dish to the class, explaining how it meets the nutritional requirements of the specific dietary need. Reflect on your preparation and cooking process in a short verbal evaluation.
5. **Evaluation (FT5-12, FT5-13):**  
Write a brief reflection (150-200 words) evaluating how your food preparation and final product have considered food technology, society, and environmental impacts.

Your dish must not cost more than \$4.0 per serve to make.

Your food order must be submitted by Monday Week 6 Term 1 in the correct format supplied to you in the Google Classroom. You will be cooking Week 7 or 9 in your time tabled double period.

### **Marking Guidelines: Part A**

	Outstanding	High	Sound	Basic	Limited
--	-------------	------	-------	-------	---------

<b>1. Introduction (5 marks)</b>	5	4	3	2	1
	Provides a clear, concise, and comprehensive introduction that effectively states the purpose and introduces the dietary condition with a thorough understanding.	Provides a clear introduction, stating the purpose and introducing the dietary condition with good understanding.	Provides a satisfactory introduction, with some clarity in stating the purpose and introducing the dietary condition.	Provides a vague introduction, with limited explanation of the dietary condition and unclear purpose.	Provides an unclear or incomplete introduction with little to no explanation of the dietary condition or purpose.
<b>2. Research on Dietary Condition (10 marks)</b>	Outstanding	High	Sound	Basic	Limited
	9-10	7-8	5-6	4-3	2-1
	Thorough research on the dietary condition with highly relevant, accurate information. Provides detailed explanations of causes, symptoms, and the role of diet, using credible sources.	Good research on the dietary condition with mostly accurate and relevant information. Explains causes, symptoms, and diet management, using credible sources.	Satisfactory research with some relevant information about the dietary condition. Provides basic explanations of causes and symptoms, with some sources used.	Limited research on the dietary condition, providing superficial or vague information. Few sources or unreliable sources used.	Incomplete or very inaccurate information on the dietary condition with minimal or no research provided.
<b>3. Meal Plan and Food Choices (15 marks)</b>	Outstanding	High	Sound	Basic	Limited
	13-15	10-12	7-9	4-6	1-3
	Develops a highly suitable meal plan that demonstrates in-depth understanding of the nutritional needs for the specific dietary condition. Justifies each food choice with thorough, evidence-based reasoning.	Develops a suitable meal plan with a good understanding of the dietary needs. Justifies food choices with clear and mostly accurate reasoning.	Develops a meal plan with a satisfactory understanding of the dietary needs. Provides basic justifications for food choices, with some reasoning.	Develops a limited meal plan with vague or incomplete understanding of dietary needs. Minimal justifications or inaccurate reasoning.	Develops a very basic or incomplete meal plan with little to no justification for food choices.
	Outstanding	High	Sound	Basic	Limited

<b>4. Risk Management and WHS (10 marks)</b>	9-10	7-8	6-5	4-3	2-1
	Identifies multiple relevant WHS risks with highly detailed, accurate strategies for managing risks during food preparation. Demonstrates excellent understanding of safe food handling.	Identifies several relevant WHS risks and provides clear strategies for managing them. Demonstrates a good understanding of safe food handling.	Identifies some WHS risks with basic strategies for managing them. Demonstrates a satisfactory understanding of safe food handling.	Identifies few WHS risks with limited or unclear strategies for managing them. Demonstrates a limited understanding of safe food handling.	Fails to identify relevant WHS risks or provide strategies for managing them. Minimal or no understanding of safe food handling.
<b>5. Conclusion (5 marks)</b>	Outstanding	High	Sound	Basic	Limited
	5	4	3	2	1
	Provides a clear and insightful summary of key findings, thoroughly restating the importance of food choices in managing the condition. Reflects critically on the connection between food and health.	Provides a clear summary of key findings, restating the importance of food choices in managing the condition. Reflects well on the connection between food and health.	Provides a satisfactory summary of key findings with some reflection on the importance of food choices.	Provides a vague or incomplete summary with limited reflection.	Provides little to no summary, with minimal or no reflection.
<b>6. Presentation and Referencing (5 marks)</b>	Outstanding	High	Sound	Basic	Limited
	5	4	3	2	1
	The report is very well-structured and easy to read, using appropriate headings and terminology. Referencing is correct and thorough, with a variety of credible sources used.	The report is well-structured and clear, with appropriate terminology. Referencing is mostly correct, using credible sources.	The report is satisfactorily structured, though minor issues with headings or terminology may be present. Referencing is satisfactory, though may contain errors.	The report has some structural or presentation issues, and uses inappropriate or unclear terminology. Referencing is incomplete or incorrect.	The report is poorly structured with little use of headings or appropriate terminology. Minimal or no referencing provided.

<b>Total Theory Mark:</b> _____ /50
-------------------------------------

### Marking Guidelines: Practical Part B

<b>1. Recipe Selection and Planning (10 marks)</b>	Outstanding	High	Sound	Basic	Limited
	9-10	7-8	5-6	3-4	2-1
	Chooses a highly suitable recipe that aligns perfectly with the specific dietary condition. Planning is detailed and well thought out, demonstrating excellent understanding of food preparation.	Chooses a suitable recipe with good alignment to the dietary condition. Planning is clear and demonstrates good understanding of food preparation.	Chooses a generally suitable recipe, though some aspects may not fully align with the condition. Planning is basic but sufficient.	Chooses a recipe with limited suitability for the dietary condition. Planning lacks detail or clarity.	Chooses an inappropriate or incomplete recipe with minimal planning.
<b>2. Hygienic Food Preparation (15 marks)</b>	Outstanding	High	Sound	Basic	Limited
	13-15	10-12	7-9	4-6	1-3
	Demonstrates exceptional food hygiene and safety skills throughout the preparation. Follows all necessary procedures with precision to ensure a safe and appealing product.	Demonstrates good food hygiene and safety skills, following most procedures accurately to ensure a safe and appealing product.	Demonstrates satisfactory hygiene and safety, though there may be minor errors in procedures. The product is still safe and appealing.	Demonstrates limited food hygiene and safety skills, with errors that may affect the safety or quality of the product.	Demonstrates poor or unsafe food hygiene practices, with significant errors affecting the safety and quality of the product.
<b>3. Use of Equipment (10 marks)</b>	Outstanding	High	Sound	Basic	Limited
	9-10	7-8	5-6	3-4	2-1
	Selects and uses equipment with a high level of skill and safety, demonstrating a	Selects and uses equipment safely and effectively, with good understanding of	Uses equipment satisfactorily, with some understanding of its purpose.	Uses equipment with limited skill or understanding. Some issues may affect the	Uses equipment incorrectly or unsafely, significantly affecting the

	strong understanding of its purpose and application.	its purpose and application.	Minor issues may occur, but they do not affect the overall outcome.	outcome.	outcome.
<b>3. Budget Management and Food Order (5 marks)</b>	Outstanding	High	Sound	Basic	Limited
	5	4	3	2	1
	Accurately manages the budget, ensuring the food order is within the \$4.00 limit per student. All ingredients are relevant and appropriately costed.	Manages the budget well, with minor adjustments needed. The food order is mostly within the \$4.00 limit and includes relevant ingredients.	Manages the budget satisfactorily, though some ingredients may be slightly over budget or irrelevant.	Manages the budget poorly, with significant issues staying within the \$4.00 limit or ordering relevant ingredients.	Does not manage the budget, with a food order that exceeds the \$4.00 limit or is incomplete.
<b>4. Presentation and Reflection (10 marks)</b>	Outstanding	High	Sound	Basic	Limited
	9-10	7-8	5-6	3-4	2-1
	Presents the dish in an appealing and professional manner, clearly explaining how it meets the nutritional requirements of the condition. Provides a thorough and insightful reflection on the preparation and outcome.	Presents the dish well and explains its nutritional relevance clearly. Provides a good reflection on the preparation and outcome.	Presents the dish adequately and provides a satisfactory explanation. Reflection is basic but relevant.	Presents the dish with minimal explanation of its nutritional relevance. Reflection is limited or unclear.	Poor presentation with little to no explanation. Minimal or no reflection provided.

<b>Total Practical Mark =           /50</b>
<b>Total Mark Theory + Practical =           /100</b>

**Teacher Comments:**

---



---

---

---

---