



SAMPLE ASSESSMENT OUTLINE

**FOOD SCIENCE AND TECHNOLOGY
PRELIMINARY UNIT 1 AND UNIT 2**

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Sample assessment outline

Food Science and Technology – Preliminary

Unit 1 – Food for me

Assessment task	Notional due date	Unit outcome: Recognise the properties of foods and related equipment used to meet needs	Unit outcome: Recognise foods are used to meet the body's needs	Unit outcome: Produce food products or systems	Unit outcome: Evaluate plans, results and actions	Unit outcome: Identify and use safe, sustainable practices when developing and using food-related technologies
Task 1: Working safely in the kitchen Based on personal hygiene practices and personal safety in a kitchen environment. Safe use of preparation equipment, accurate measurement and sustainable kitchen practices are also reviewed.	Semester 1 Week 3					✓
Task 2: Food selection models Investigate reasons for eating food. Use food selection models to assist in choosing foods and making healthy food choices to meet the body's needs.	Semester 1 Week 8		✓			
Task 3: Simple meals and snacks Select foods and related preparation equipment, follow recipe instructions, and develop organised systems of working independently and with others to produce simple meals and snacks for self and others.	Semester 1 Week 14	✓		✓		
Task 4: Shop for healthy food Plan simple menus, include a variety of new foods and associated shopping list. Compare the nutritional value of raw food with processed food and identify influences on healthy food choices before and after shopping.	Semester 1 Week 16				✓	

SAMPLE PLANNING CHECKLIST Food Science and Technology Preliminary Unit 1 (✓ = Unit content covered)	Task 1 Working safely in the kitchen	Task 2 Food selection models	Task 3 Simple meals and snacks	Task 4 Shop for healthy food
Nature of food				
Food as a commodity				
food for meal planning			✓	
Properties of food				
sensory properties of food			✓	
Nutrition				
reasons for eating food		✓		
nutritional value of raw food compared with processed food				✓
food selection model/s		✓		
Processing food				
Food products and processing systems				
kitchen practices	✓			
meals and snacks			✓	
accurately measure ingredients	✓			
safe use of preparation equipment, such as knives, graters and peelers	✓			
safe use of small electrical appliances	✓			
microwave cooking *				
organisational/interpersonal skills	✓		✓	
Food in society				
Food issues				
factors influencing healthy food choices				✓
experiencing new foods				✓
Hygiene and safety				
personal hygiene practices	✓			
personal safety	✓			
food safety			✓	

* Content engaged with, but not a direct focus of the task

Sample assessment outline

Food Science and Technology – Preliminary

Unit 2 – Fast food

Assessment task	Notional due date	Unit outcome: Recognise foods are used to meet the body's needs	Unit outcome: Organise, implement and manage production processes in food-related environments	Unit outcome: Produce food products or systems	Unit outcome: Investigate issues, values, needs and opportunities	Unit outcome: Apply organisational skills when undertaking food-related challenges and activities
Task 5: Fast food Follow recipes and use simple cooking techniques and staple ingredients to quickly convert raw ingredients into quick nutritious meals. Develop efficient organisational skills and work cooperatively with others.	Semester 2 Week 6	✓				✓
Task 6: Quick meals Investigate issues related to preparing quick home-made meals or using commercially prepared meals or incorporating convenience foods such as frozen, dried and canned. Consider the nutritional value and the sensory properties that influence the selection of home-made or commercially prepared or convenience foods.	Semester 2 Week 9				✓	
Task 7: Simply cooking Follow instructions; implement efficient kitchen processes and systems to produce simple meals using suitable preparation equipment and simple cooking techniques. Recognise characteristics of cooked food and when to adjust suggested cooking times. Incorporate ways to reduce salt, sugar and/or fat when preparing meals.	Semester 2 Week 12			✓		
Task 8: Food for friends Manage production processes, apply organisation skills and work collaboratively with others to produce food for friends. Practise good personal hygiene practices, work safely and confidently, and store food appropriately for a special occasion.	Semester 2 Week 16		✓			✓

SAMPLE PLANNING CHECKLIST Food Science and Technology Preliminary Unit 2 (✓ = Unit content covered)	Task 5 Fast food	Task 6 Quick meals	Task 7 Simply cooking	Task 8 Food for friends
Nature of food				
Food as a commodity				
staple ingredients/commodities	✓			
convenience food		✓		
take-away/ready-to-eat/fast food		✓		
Properties of food				
sensory properties influencing the selection of home-made, convenience and fast food		✓		
Nutrition				
food high in salt, sugar and/or fat	✓		✓	
nutritional value of raw food compared with processed food *				
nutritional information on food packages			✓	
nutritional value of food		✓		
Processing food				
Food products and processing systems				
kitchen practices	✓			
simple meals	✓	✓	✓	
cooking time			✓	
selection of suitable preparation equipment for different tasks			✓	✓
safe use of small electrical appliances *				
simple cooking techniques	✓		✓	
organisational/interpersonal skills	✓			✓
Food in society				
Food issues				
factors influencing food choices when shopping for food *				
Hygiene and safety				
personal hygiene practices				✓
personal safety				✓
food safety				✓

* Content engaged with, but not a direct focus of the task