



Government of **Western Australia**  
School Curriculum and Standards Authority



# FOOD SCIENCE AND TECHNOLOGY

GENERAL COURSE

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Externally set task

Sample 2016

Note: This Externally set task sample is based on the following content from Unit 3 of the General Year 12 syllabus.

- effects of over-consumption of nutrients on health
  - obesity
  - cardiovascular disease
  - Type 2 diabetes
- devise food products
  - interpret and adapt recipes
- societal influences on food choices
  - lifestyle
  - culture
  - religion
  - health promotion campaigns
  - advertising
- role of Food Standards Australia New Zealand (FSANZ)

In future years, this information will be provided late in Term 3 of the year prior to the conduct of the Externally set task. This will enable teachers to tailor their teaching and learning program to ensure that the content is delivered prior to the students undertaking the task in Term 2 of Year 12.

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# Food Science and Technology

## Externally set task

Working time for the task: 60 minutes

Total marks: 30 marks

Weighting: 15% of the school mark

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1. Read this scenario and answer the questions that follow.

The school canteen has undergone a major refit and has upgraded the food preparation area to comply with local health regulations. The canteen committee would like to take this opportunity to review the canteen menu and offer healthy, nutritious food choices. Members of the school community are encouraged to make submissions to the canteen committee on ways to develop and improve the canteen menu.

(a) Select **two (2)** societal influences from the list below and describe how each affects the development of the menu at a school canteen.

- culture
- religion
- health promotion campaigns

(6 marks)

Societal influence one: \_\_\_\_\_

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Societal influence two: \_\_\_\_\_

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(b) Current menu choices at the school canteen include:

- Ham, pineapple and cheese mini pizza
- Hot chicken roll with mayonnaise
- Fasta Pasta Friday – macaroni cheese
- Hot chips
- Hot apple pies
- Fruit jelly cups with custard
- Chocolate flavoured milk
- Orange juice – 100%

Obesity, cardiovascular disease and Type 2 diabetes are often associated with the over-consumption of specific nutrients.

Select **one (1)** diet-related disease or health condition listed below. Show your selection with a ✓.

obesity

cardiovascular disease

Type 2 diabetes

Select **three (3)** items from the current menu choices at the school canteen.

Describe how each item could be modified to reduce the over-consumption of specific nutrients in relation to the selected diet-related disease or health condition.

Write your recommendations to the canteen committee.

(9 marks)

Item one: \_\_\_\_\_

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Item two: \_\_\_\_\_

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Item three: \_\_\_\_\_

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- (c) 'Cake of the day' is a popular choice by students at morning recess. A variety of cakes and muffins are offered, including chocolate chip muffins, which are prepared using the following basic recipe:

Ingredients	Method
1 $\frac{3}{4}$ cups SR flour	1. Preheat the oven to 180° C and grease the muffin pans.
1 cup sugar	2. Blend butter and sugar and then beat in the egg, milk, sour cream and vanilla.
$\frac{1}{4}$ cup cocoa	3. Mix in the chocolate chips then fold in the sifted flour.
100g softened butter	4. Place in prepared pans and bake for 15–20 minutes.
1 egg	5. Makes six large muffins.
1 cup sour cream	
$\frac{1}{2}$ cup milk	
$\frac{1}{2}$ teaspoon vanilla	
$\frac{3}{4}$ cup milk chocolate chips	

Describe **three (3)** ways to adapt the ingredients and/or method for this recipe to make it a healthier choice. Justify each adaptation. (9 marks)

Adaption one:

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Adaption two:

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Adaption three:

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2. Food Standards Australia New Zealand (FSANZ) is the national authority which governs the safety of Australia’s food supply.

Identify **two (2)** roles of FSANZ and describe how consumers benefit from each of these roles.

(6 marks)

Role one:

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Role two:

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