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.
Food Science and Technology

Externally set task

Working time for the task: 60 minutes
Total marks: 30 marks
Weighting: 15% of the school mark

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

Societal influence one: ____________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________

Societal influence two: ____________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
(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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________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
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:

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ¾ cups SR flour</td>
<td>1. Preheat the oven to 180° C and grease the muffin pans.</td>
</tr>
<tr>
<td>1 cup sugar</td>
<td>2. Blend butter and sugar and then beat in the egg, milk, sour cream and vanilla.</td>
</tr>
<tr>
<td>¼ cup cocoa</td>
<td>3. Mix in the chocolate chips then fold in the sifted flour.</td>
</tr>
<tr>
<td>100g softened butter</td>
<td>4. Place in prepared pans and bake for 15–20 minutes.</td>
</tr>
<tr>
<td>1 egg</td>
<td>5. Makes six large muffins.</td>
</tr>
<tr>
<td>1 cup sour cream</td>
<td></td>
</tr>
<tr>
<td>½ cup milk</td>
<td></td>
</tr>
<tr>
<td>½ teaspoon vanilla</td>
<td></td>
</tr>
<tr>
<td>¼ cup milk chocolate chips</td>
<td></td>
</tr>
</tbody>
</table>

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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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:
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Role two:
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________