FOOD CHOICES & HEALTH

UNIT 1

USING RAW
&
PROCESSED FOODS

TASK 2
## Unit 1- Food choices and health
### TASK 2 Using raw and processed foods.

<table>
<thead>
<tr>
<th></th>
<th>Theory 1</th>
<th>Theory 2</th>
<th>Practical 1</th>
<th>Practical 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Classify foods as raw or processed</td>
<td>Plan and write up work flows for Task 2</td>
<td>Lentil Burger Using tinned &amp; fresh vegetables</td>
<td>Spinach Pie-Using frozen spinach and pastry. Fresh spinach</td>
</tr>
<tr>
<td>2</td>
<td>Economic cost of raw v’s processed foods</td>
<td>Cooking Methods – research sheet</td>
<td>Cannelloni Con La Ricotta –Using a variety of fresh and processed foods</td>
<td>Savoury Pancakes - Using a variety of fresh and processed foods</td>
</tr>
<tr>
<td>3</td>
<td>Essay- Factors affecting food choices.</td>
<td>Evaluation of meals</td>
<td>Prepare and serve main course</td>
<td>Prepare and serve dessert</td>
</tr>
<tr>
<td>Task Type</td>
<td>Task Weight</td>
<td>Task Description</td>
<td>Weeks</td>
<td>Due</td>
</tr>
<tr>
<td>-----------</td>
<td>-------------</td>
<td>------------------</td>
<td>-------</td>
<td>-----</td>
</tr>
<tr>
<td>Investigation</td>
<td>15%</td>
<td>Task 1 Investigating raw and processed foods - Investigate</td>
<td>Term 1 Week 1 to Term 2 Week 3</td>
<td>Term 2 Week 2 2th May 2015</td>
</tr>
<tr>
<td></td>
<td>15%</td>
<td>Task 2 Using raw and processed foods</td>
<td>Term 2 Week 3 to Week 5</td>
<td>Term 2 Week 5 21st May</td>
</tr>
<tr>
<td>Production</td>
<td>30%</td>
<td>Task 1– Investigating raw and processed foods Devise &amp; Produce</td>
<td>Term 1 Week 1 to Term 2 Week 3</td>
<td>Term 2 Week 2 2th May 2015</td>
</tr>
<tr>
<td></td>
<td>30%</td>
<td>Task 2– Using raw and processed foods Devise &amp; Produce</td>
<td>Term 2 Week 3 to Week 5</td>
<td>Term 2 Week 5 21st May</td>
</tr>
<tr>
<td>Response</td>
<td>5%</td>
<td>Task 2 - Using raw and processed foods Evaluate</td>
<td>Term 2 Week 3 to Week 5</td>
<td>Term 2 Week 5 21st May</td>
</tr>
</tbody>
</table>
Unit 1 Task 2 Food choices and health
Using RAW and PROCESSED foods

TYPE: Investigate
Production
Response

OUTCOMES: Outcome 1: Understanding food materials
Outcome 2: Developing food opportunities
Outcome 3: Working in food environments
Outcome 4: Understanding food in society

CONTENT: Nature of food
Processing food
Food in society

TASK DURATION: 3 weeks

TASK WEIGHTING: 55%

CONTEXT:

Task 2 Using raw and processed foods

Part A: Investigate raw and processed foods

Part B: Plan, Design and produce a meal using a variety of processed foods that incorporates a selection of cooking methods
Part C: Evaluate the meal you have produced

What we need to do
Part A; Investigate raw and processed foods.
1. Classify foods as raw or processed - Food processing techniques and the role of processed foods in the diet
2. Prepare and serve a variety of recipes in class using both raw and processed foods.
3. Economic cost of raw v’s processed foods, food miles and local food choices
4. Complete the Food Selection models on raw & processed foods
   • Australian Dietary Guidelines
Part B: Plan, Design and produce
- a main course using at least 2 processed foods. The meal must also use at least 2 wet cooking methods and 1 dry cooking method
- a dessert using canned fruit and incorporate 1 wet and 1 dry cooking method

1. Prepare a food order of each recipe
2. Prepare a time plan of your recipes
3. Cost the 2 dishes using Excel
4. Prepare and serve the meal

Part C: Evaluate meal using processed foods
1. Complete evaluation sheet a. main meal
   b. dessert using canned fruit
2. Assess meal under the Australian Dietary Guidelines
Unit 1 Task 2 Using raw and processed foods.

<table>
<thead>
<tr>
<th>Task 2 Using raw and processed foods.</th>
<th>Max possible mark</th>
<th>Allocated mark</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Part A: Investigate Natural and processed foods.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Research – Food as a Commodity - Food processing techniques and the role of processed foods in the diet</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>• X chart – Economic cost of raw v’s processed foods, food miles and local food choices</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>• Essay – Factors that influence food choices</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>• Excel – Costing sheet on 2 recipes</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td><strong>Total 15</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Part B: Plan, design and produce recipes using processed foods</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Food Order Work Plan – Main course</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>• Food Order Work Plan – Take can of fruit</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>• Prepare and serve Main course</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>• Prepare and serve Take can of fruit</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td><strong>Total 30</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Part C : Response- Investigate values and beliefs and evaluate recipes using processed foods</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Evaluation sheet on recipe preparation</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>• Australian Dietary guideline evaluation of meal</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td><strong>Total 10</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL 55 marks</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
FOOD AS A COMMODITY

Investigate raw and processed foods.  20 marks ÷ 5=TOTAL 4

1. What is the definition of a PROCESSED FOOD? 1 mark

2. What is the definition of a RAW FOOD? 1 mark

3. Manufacturing Processes used to PROCESS FOOD  5 marks

<table>
<thead>
<tr>
<th>Processing Methods &amp; Explanation on how the process works</th>
<th>Examples of foods processed these methods</th>
<th>Impact on the nutritional value -positive &amp; negative issues</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canning</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Freezing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dehydration</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Your choice</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
4. Why are foods PROCESSED? Explain your answers. These are usually considered ADVANTAGES

• __________________________________________________________
• __________________________________________________________
• __________________________________________________________
• __________________________________________________________
• __________________________________________________________

5 List the ADVANTAGES of selecting raw foods over processed foods.

• __________________________________________________________
• __________________________________________________________
• __________________________________________________________
• __________________________________________________________
• __________________________________________________________

6. When is it more cost effective to purchase a raw food product? Explain your answer giving examples.

• __________________________________________________________
• __________________________________________________________
• __________________________________________________________
• __________________________________________________________
• __________________________________________________________

7. When is it more cost effective to purchase a processed food product? Explain your answer giving examples.

• __________________________________________________________
• __________________________________________________________
• __________________________________________________________

8. The processing of a food can added to the cost of the product for the consumer. Explain what these added costs are in detail.

• __________________________________________________________
• __________________________________________________________
• __________________________________________________________

References
Locally Produced Foods

Food Miles

Economic Impact

Environmental Impact

Economic Impact

Environmental Impact

Economic Impact

Environmental Impact

Waste / Packaging
### Work Plan

**Task 1** Prepare a meal using a combination of raw & at least 2 processed foods that incorporates 2 wet cooking methods and 1 dry cooking method  
List the processed foods used -  
What cooking methods are you incorporating?

**Production goal (name of recipe)**

**Resource(source)**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Equipment Used</th>
<th>Serving Equipment Used</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Hygiene and Safety rules for production**

-  
-  
-  

**Hygiene and safety rules for equipment**

-  
-  
-  
-  
-  

A work flow chart confirms the precise order of the tasks to be performed and acts as a checklist for individual task.

Steps to follow: From entering the room

<table>
<thead>
<tr>
<th>COOKING METHOD</th>
<th>REASONS FOR SELECTING COOKING METHODS</th>
</tr>
</thead>
</table>

1. ____________________________________________
2. ____________________________________________
3. ____________________________________________
4. ____________________________________________
5. ____________________________________________
6. ____________________________________________
7. ____________________________________________
8. ____________________________________________
9. ____________________________________________
10. __________________________________________
11. __________________________________________
12. __________________________________________
13. __________________________________________
14. __________________________________________
15. __________________________________________
16. __________________________________________
17. __________________________________________
18. __________________________________________
19. __________________________________________
20. __________________________________________
21. __________________________________________
22. __________________________________________
23. __________________________________________
24. __________________________________________
25. __________________________________________
26. __________________________________________
27. __________________________________________
28. __________________________________________
29. __________________________________________
30. __________________________________________

Don’t forget to include clean up procedure
### Recipe Costing

**Recipe Name:** [type here]  
**Number of Serves/Portions:** [type here]

<table>
<thead>
<tr>
<th>Ingredient Name</th>
<th>Purchased Weight (g)</th>
<th>Cost ($)</th>
<th>Weight Needed (g)</th>
<th>Cost for Recipe ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>[type here]</td>
<td></td>
<td></td>
<td></td>
<td>#DIV/0!</td>
</tr>
<tr>
<td>[type here]</td>
<td></td>
<td></td>
<td></td>
<td>#DIV/0!</td>
</tr>
<tr>
<td>[type here]</td>
<td></td>
<td></td>
<td></td>
<td>#DIV/0!</td>
</tr>
<tr>
<td>[type here]</td>
<td></td>
<td></td>
<td></td>
<td>#DIV/0!</td>
</tr>
<tr>
<td>[type here]</td>
<td></td>
<td></td>
<td></td>
<td>#DIV/0!</td>
</tr>
<tr>
<td>[type here]</td>
<td></td>
<td></td>
<td></td>
<td>#DIV/0!</td>
</tr>
<tr>
<td>[type here]</td>
<td></td>
<td></td>
<td></td>
<td>#DIV/0!</td>
</tr>
<tr>
<td>[type here]</td>
<td></td>
<td></td>
<td></td>
<td>#DIV/0!</td>
</tr>
<tr>
<td>[type here]</td>
<td></td>
<td></td>
<td></td>
<td>#DIV/0!</td>
</tr>
<tr>
<td>[type here]</td>
<td></td>
<td></td>
<td></td>
<td>#DIV/0!</td>
</tr>
<tr>
<td>[type here]</td>
<td></td>
<td></td>
<td></td>
<td>#DIV/0!</td>
</tr>
</tbody>
</table>

**E = (C ÷ B) x D**

<table>
<thead>
<tr>
<th>Total Recipe Cost</th>
<th>#DIV/0!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost Per Serve</td>
<td>#DIV/0!</td>
</tr>
</tbody>
</table>

1. Locate the Recipe Costing Excel document on the shared drive. Copy the file and paste it into your drive folder.
2. Open the document and enter the information at the top of the page.
3. List the ingredients used (A) and the weight needed for the recipe (D) in grams.
4. Using a supermarket website or catalogue, find the cost (C) and weight (D) in grams of each product.
5. **Delete or clear any unused rows.**
## Cooking Methods

**Wet Cooking Methods**  Select 2 for main meal and 1 for the dessert
- Steaming
- Boiling
- Braising
- Poaching
- Stewing
- Microwaving

**Dry Cooking Methods**  Select 1 for main meal and 1 for the dessert
- Baking
- Roasting
- Frying
- Grilling

### Main Course

<table>
<thead>
<tr>
<th>Cooking Method</th>
<th>Food cooked</th>
<th>Main Techniques used for each method</th>
</tr>
</thead>
<tbody>
<tr>
<td>wet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>wet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>dry</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Dessert

<table>
<thead>
<tr>
<th>Cooking Method</th>
<th>Food cooked</th>
</tr>
</thead>
<tbody>
<tr>
<td>wet</td>
<td></td>
</tr>
<tr>
<td>dry</td>
<td></td>
</tr>
</tbody>
</table>
**Work Plan**

**Task 1. Dessert using canned fruit.**

**Production goal (recipe)**

---

**Did you adapt this recipe to meet the task set YES / NO explain**

---

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Equipment Used</th>
<th>Serving equipment Used</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

**Hygiene and Safety rules for production**

- 
- 
- 
- 

**Hygiene and safety rules for equipment**

- 
- 
- 
- 

## WORK FLOW CHART FOR COOKERY PROGRAM

### Cooking Methods Used

<table>
<thead>
<tr>
<th>COOKING METHOD</th>
<th>REASONS FOR SELECTING COOKING METHOD - time available, nutrition, sustainability</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

A work flow chart confirms the precise order of the tasks to be performed and acts as a checklist for individual task.

### Steps to follow: From entering the room

Diagram - show plating, cuts and techniques

1. __________________________________________
2. __________________________________________
3. __________________________________________
4. __________________________________________
5. __________________________________________
6. __________________________________________
7. __________________________________________
8. __________________________________________
9. __________________________________________
10. __________________________________________
11. __________________________________________
12. __________________________________________
13. __________________________________________
14. __________________________________________
15. __________________________________________
16. __________________________________________
17. __________________________________________
18. __________________________________________
19. __________________________________________
20. __________________________________________
21. __________________________________________
22. __________________________________________
23. __________________________________________
24. __________________________________________
25. __________________________________________
26. __________________________________________
27. __________________________________________
28. __________________________________________
29. __________________________________________
30. __________________________________________

Don’t forget to include clean up procedures.
Evaluation of meal Using Processed Foods
When producing both your main course and dessert using a variety of Processed and Raw Foods comment on how you worked below-
(include a number of positive comments along with a least 2 suggestions that you could use in order to improve)

1. Organisation
   - Choosing recipes to suit the purpose

   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

   - Skills used throughout the cooking process list and explain why you used these skills

   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

2. Production practices used (include a least 2 positive & 2 improvements)
   - Safety

   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

   - Hygiene

   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
3. Now that you have prepared, tasted, compared both raw & processed foods comment on these experiences under the headings of
Use in the diet for both raw and processed foods


Nutrition value of both raw and processed foods


Cost of raw foods compared to processed foods


Shelf life – the keep time and storage for both raw and processed foods


EVALUATION

HOW DOES YOUR MEAL MEASURE UP TO THE AUSTRALIAN DIETARY GUIDELINES?

1. To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food & drinks to meet your energy needs

2. Enjoy a wide variety of nutritious foods from the 5 food groups every day

3. Limit intake of foods containing saturated fat, added salt, added sugar and alcohol

4. Encourage, support and promote breastfeeding

5. Care for your food: prepare and store it safely.
Packaging
Environmental factors and trends that influence community food choices

<table>
<thead>
<tr>
<th>Types of packaging</th>
<th>Materials it is made from</th>
<th>Environmental Impact</th>
<th>Suitability for Type of dishes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wok box</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plastic Take away</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Paper Bags</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Foil containers</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cake box</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

“Packaging of food serves a number of functions. “
List and explain 4 of these functions and give examples
1. __________________________________________________________
2. __________________________________________________________
3. __________________________________________________________
4. __________________________________________________________
Food miles

The distance food travels from the producer to the consumer are called “Food Miles”

1. Select 4 food labels, look at where the product was grown, produced or packaged. Using the web site www.foodmiles.com or www.organiclinker.com calculate the distance that each product has travelled in order to get to you.

<table>
<thead>
<tr>
<th>Food Product</th>
<th>Country of origin</th>
<th>Miles Travelled</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. What are the environmental issues that result in food having long “Food Miles”? Explain in detail giving examples.

• _________________________________________________________
• _________________________________________________________
• _________________________________________________________
• _________________________________________________________

3. What are the advantages of choosing local foods over “high Mileage foods”?

_______________________________________________________
_______________________________________________________
_______________________________________________________
_______________________________________________________
_______________________________________________________
_______________________________________________________
_______________________________________________________

4. List 3 occasions when you feel it is appropriate to choose foods with high mileage.

• _________________________________________________________
• _________________________________________________________
• _________________________________________________________
What are the environmental issues that arise from wastage of food and packaging? refer to the website www.lovefoodhatewaste.com.au

<table>
<thead>
<tr>
<th>environmental issues</th>
<th>wastage of food</th>
<th>packaging</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Write up 3 rules that you could follow in order to avoid food wastage when preparing your meal?

• ____________________________
  ____________________________
  ____________________________

• ____________________________
  ____________________________
  ____________________________

• ____________________________
  ____________________________
  ____________________________
ESSAY-Factors that influence food choices
There are many factors that influence our food choices such as cost, food availability, family characteristics, peer groups and nutritional value of food. Prepare and write an essay that addresses these factors. Below is a suggested essay plan that may help you. Include examples and references.

Paragraph One Introduction general statement the five factors that affect a persons choice of food
•
•
•
•
•

Paragraph Two –Explain how cost influences the food choices we make

Paragraph Three –Explain how availability of food influences the food choices we make

Paragraph Four –Explain how peer groups influences the food choices adolescence make.

Paragraph Five- How does the nutritional value of food have affects our choice of food ?

Paragraph Six-What are family characteristics that relate to food selection and how do they impact on our food choices?

Paragraph Seven- Don’t forget to include a conclusion.

References