Food Technology – Contemporary nutrition issues

## Overview

This resource contains activities that accompany the HSC on demand Food Technology video on contemporary nutrition issues.

Students, through discussions with the teacher, will apply knowledge of the nutritional considerations and preventative strategies for Adolescent girls. By practising both methods, students should develop confidence in their ability to approach problems using both methods and be able to apply either method in an exam without hesitation.

The questions used in these activities are from the [Food Technology 2019 HSC Exam Pack](https://educationstandards.nsw.edu.au/wps/portal/nesa/resource-finder/hsc-exam-papers/2019/food-technology-2019-hsc-exam-pack)

## Activities

1. Underline the key words and answer the short response questions reproduced below.
   1. Outline nutritional considerations for a specific group within Australian society. (3 marks).

| Use this space for your answer |
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* 1. Explain a specific strategy that could improve the health outcomes of a group you have investigated. In your answer, you may refer to the group named in part (a) or a different group. (5 marks).

| Use this space for your answer |
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1. Nutritional considerations for adolescent girls. Use the following questions to guide the development of your answer
   1. Why are they identified as nutritionally vulnerable?

| Use this space for your answer |
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* 1. Identify prevalent diet-related disorders for this group?

| Use this space for your answer |
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* 1. How does this affect their food choices?

| Use this space for your answer |
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* 1. What foods (and nutrients) do they need to improve health outcomes?

| Use this space for your answer |
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**Notes**

* Use course terminology correctly in your answer
* Include specific foods, nutrients and dietary diseases for the specific group you have selected

1. Develop an appropriate nutritional strategy for adolescent girls. Use the following questions to guide the development of your answer
   1. What is the purpose of this strategy? (What health outcome are you trying to address for the identified group?)

| Use this space for your answer |
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* 1. How will the strategy work? What are the steps involved? Who is involved?

| Use this space for your answer |
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* 1. What is your strategy going to look like?

| Use this space for your strategy. |
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**Notes**

* Provide characteristics and features of a strategy designed to improve health outcomes
* Link the strategy to dietary diseases identified for this group
* Develop a strategy (a plan of action) rather than nutritional advice
* Include a range of relevant examples