



FOOD SCIENCE AND TECHNOLOGY

GENERAL YEAR 11

**ASSESSMENT TASK 2
UNIT 1 AND 2**

NAME	
TASK 2: LOCAL FOODS	Unit 1 and 2
Assessment Type • Production	20% of the school mark for this pair of units 60 Marks

CONDITIONS

Time for this task: 3 weeks
Due Date:

TASK OVERVIEW

The growers’ market wants to set up a cookery challenge using different ingredients from the local suppliers. They have asked if the school could run the inaugural event, which would then be opened to the public each month. The theme is a **‘Local Breakfast’**.

- The market will provide the following food items – Free Range Eggs, Peaches, Strawberries, Nectarines, Cherry Tomatoes, Asparagus, Broccolini, Honey and Sourdough Bread. At least two of these foods must be incorporated into your dish.
- The cooking facilities are limited and refrigeration is not available. You have access to one cooking element or power source.
- You will not be able to access fresh meat, poultry or seafood due to food safety concerns, however there will be a pantry of dried, frozen and tinned foods that you may use.
- You will have a maximum of 40 minutes in which to prepare and serve a breakfast that reflects the food sold at the local growers’ market.

Working in groups of two or three you are to present the practical components, however, all written aspects of the task will be assessed on an individual basis.

You must:

1. Technology Process Notes

Before the big day, you need to prepare notes as you may be asked by the Judges about your production.

- a) Sample and evaluate the available fresh ingredients using the sensory and physical properties chart. Table 1
- b) Place your foods used into the classification table and ensure you highlight the local produce you will use in your breakfast. Table 2 (2 marks)
- c) Briefly explain the Food Miles concept.
- d) Explain one economic consideration and one environmental consideration when purchasing local produce from a growers' market or roadside stall. (4 marks)
- e) Compare the cost per kg of your local produce with the supermarket price. Explain the difference and justify which produce you would recommend to the consumer? (4 marks)

2. Devising

- a) Submit an accurate food order for your breakfast. Attached. (3 marks)
- b) Submit a production plan for preparing your breakfast, including time, required equipment, hygiene and safe food handling practices and procedures. Attached. (5 marks)

3. Production

Produce and present a high quality breakfast that showcases the local food available from the growers' market. You will only have a maximum of 40 minutes to prepare, produce and serve the meal. (20 marks)

4. Evaluation

To ensure your production is up to standard complete your evaluation before the judges assess your product.

- a) Evaluate the meal based on its sensory and physical properties. (3 marks)
- b) Describe how you ensured that your ingredients were measured accurately. (2 marks)
- c) Describe safe food handling practices that you implemented during production. (2 marks)
- d) Did you work according to your production plan? Explain why or why not. (2 marks)
- e) How does this meal promote local commodities? (3 marks)

Attach your evaluation to this booklet and submit.



WRITTEN COMPONENT

1c) Explain the Food Miles concept.

(2 marks)

1d) Explain one economic consideration and one environmental consideration when purchasing local produce from a growers' market or roadside stall.

(4 marks)

1e) Compare the cost per kg of your local produce with the supermarket price. Explain the difference and justify which produce you would recommend to the consumer?

(4 marks)

SENSORY AND PHYSICAL PROPERTIES TABLE

NAME _____

Evaluate a minimum of 5 of the local foods provided. Use relevant terminology to describe the properties of each food.

Local Foods	Sensory properties			Physical properties			
	Flavour	Aroma	Mouthfeel	Appearance	Colour	Shape	Size

(5 marks)

FOOD CLASSIFICATION TABLE: COMMODITIES

NAME _____

Commodity	Classification	Origin	Cost per kg	Raw or processed	Seasonal availability

(5 marks)

GEFST: TASK 2

Group Members _____ Date _____

Recipe Details "Local Breakfast" _____ (name of recipe)

_____ (recipe book & page number if used)

_____ (No of serves)

Special Requests for H.Ec Assistants _____

MEAT Fish & Poultry	DAIRY Refrigerated items	GROCERIES i.e. Canned, Dried	FRESH FRUIT, VEGIES & HERBS	EGGS

(3 marks)