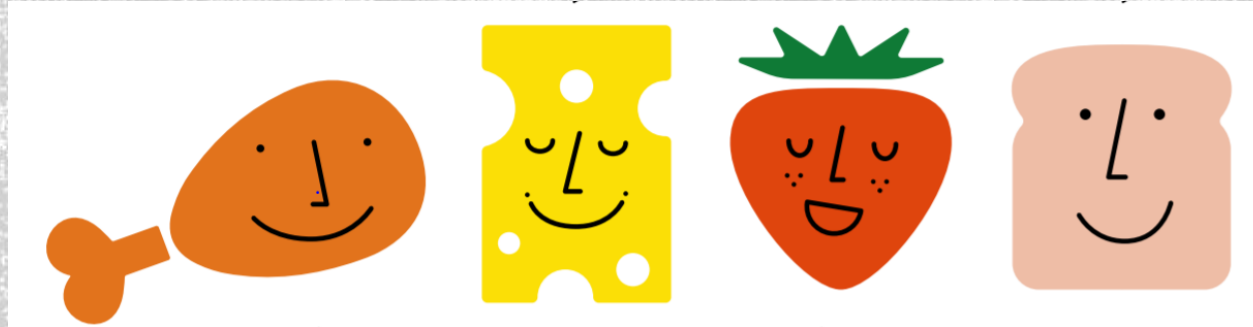


FEAST PROCESS FOLIO



NAME



FEAST
FOOD EDUCATION AND
SUSTAINABILITY TRAINING

Dakabin Student Folio

TEACHER: Mrs Prass or Mrs Ball

Year 8 Home Economics
Term 3, 2021

TASK 1

Explain what factors (functional, aesthetic and environmental) influence the type of foods your family buys and eats?

^ HAMMER x

Hammer Home the Facts

Hit the reader with 3 sentences of facts about your topic. Drive them home, one after the other. Hammer them!

Impact

Now, write 3 to 4 sentences exploring the impact of all this information.

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1. What do the words functional, aesthetic and environmental mean? Give an example of each.
2. Write what influences the type of foods your family buys and eats. Relate to the factors eg functional – healthy foods - nutritious

The factors functional, aesthetic and environmental are factors that influence us for certain type of food. For example, functional would influence the purpose of the food and why we choose it because of the nutritional value like foods with vitamins, minerals, probiotics or fibre. Some examples of functional food are fruits and vegetables because it's good for you to eat and they are easy and fast to make a meal out of. The aesthetic factor is based around the appearance of the food for example a person would like a cake with three layers and a lot of detail instead of a cake with one layer and only one colour of frosting. The environmental factor that influences are food in a way is social and physical environments. Social environment means that family, peers and social events could influence how you see food. For example, your family might not like apple's so therefore you could have never tried an apple before. But the physical environment influences your food choices by actual places such as food stores and restaurant. For example, you could go to a restaurant and see a picture of a nice steak and then automatically want that instead of what you were going to have or if they read there specials out you could change your mind and want that. The influences on the type of food that my family buys and eats is mostly based around the functional factor which is foods like vegetables fruits and meats because they have a lot of nutrition, they are easy to make and they are delicious. Aesthetic is also apart of the influence of the food we eat. For example my mum through the meat before she buys it to make sure it doesn't have as much gristle as the other packages of meat. That's what influences my family to buy the food that they do because of the functional and aesthetic factors.



TASK 2

Research food waste and sustainability. Write a paragraph to prove that the rate food is wasted is not sustainable. It should explain the following:

- How much food is wasted in Australia?
- How food is wasted before it reaches the consumer and then in our homes.
- The environmental and economic sustainability issues or concerns involved with wasting food.

^ LAWYER x

State Your Point
Say what you are trying to convince us of.

▼

Why it Matters
Tell us why your point matters so much (1 to 2 sentences).

▼

Evidence
Deliver your evidence to prove it (3 to 4 sentences).

▼

Sum Up
Drive home your idea (1 sentence).

▼



The rate of food that is wasted is not sustainable and should be slowed down. If we don't slow down the amount of food waste, we throw away we will have to much waste in the world. If we didn't throw out so much food, we could give it to people who need it.

Every year Australia wastes around 7.3 million tonnes of food that's equal to 300 kg per person or 1 in 5 bags of groceries. Food waste is apart of Australia's green house gas emissions more than 5%. Food can be wasted before it gets to our homes or the consumer because for example fruit and vegetables could be rotten in the fields by fruit dropping on the ground and vegetables being left to late and not being able to be eaten. The food could be damaged during shipping and can't be eaten and when the food goes to the packhouse the workers could pick out the flaws of the food and not put them in packages and throw them out. Then finally supermarkets can throw out the food and not sell them even when they are perfectly good food. This is very disappointing because we could use that food to give to the homeless shelters or give food to the people that can't afford food.

Also, food waste effects the environments sustainability because it releases green house emissions and makes climate change more of a problem in the world. The economic sustainability has been affected because food waste did cost \$5.2 billion, but it has now risen and effected the economic sustainability by rising the cost to \$8 billion. Each household wastes about \$3,800 worth of food. Therefore, food waste is not sustainable and why we should try and waste less food and eat everything you buy and don't buy other food that you don't need so we can minimalize food waste in Australia.



MY IDEAS PAGE

This is the page you can use to keep your ideas and notes.

Glue in pictures, write down your team ideas etc. Show at least 3 different ideas.

Mexican Rice Bowl

I chose this as one of my ideas because it takes ten minutes to cook it's easy and it has a range of delicious foods in it. It stops food waste by using different foods that could be easily used instead of thrown out. I can use seasonal foods such as lettuce, cherry tomatoes and avocado.



Tacos

This idea I chose because tacos have a lot of foods in them that can help prevent food waste like vegetables by using them as toppings and beef as the middle of the taco. I use seasonal foods like avocado, carrot, lettuce, chilli and corn.

Long fettuccine Chicken Pasta

This is another idea that I have chosen because it is easy, healthy and sustainable. It stops food waste by using vegetables and chicken before it is wasted and it uses seasonal foods like cherry tomatoes, corn, carrot, spinach, basil and shallots.



TASK 3

Explain how your recipe can reduce the problem of food waste and encourage healthy eating.

1. Our Chosen Recipe is: **Chicken pasta**
2. How does it help with food waste?
3. How can it encourage healthy eating?

Our chicken pasta helps stop and reduce food waste because it has a bunch of different varieties of foods. Those foods include a lot of vegetables which we have many types of in our recipe. Other types of foods that we are using is chicken which is in the top 5 ranking of the most wasted foods. For our ingredients for the recipe, we can use left over food to cook in in this recipe. For example, if you had left over chicken or vegetables in the fridge, you could use those in the recipe instead of wasting the food and throwing the food away. Our recipe encourages healthy eating because most of the recipe has very low fat in it which is very good for our body. It has many vegetables in it which has a lot of nutrients that help our body as well. Because of the red wine sauce that we use in our recipe you will barely be able to taste the vegetables that are in our recipe. We also have some form of dairy in our recipe as well which is the cheese that we sprinkle on top just to give it a more delicious taste. We also sprinkle some basil on top to give it more flavour.

^ LAWYER x

State Your Point
Say what you are trying to convince us of.

▼

Why it Matters
Tell us why your point matters so much (1 to 2 sentences).


▼

Evidence
Deliver your evidence to prove it (3 to 4 sentences).

▼

Sum Up
Drive home your idea (1 sentence).

▼ ▶



TASK 4-5 TRIAL

Develop production plans and a story board to show how you will safely and efficiently prepare one serve of the food product and the digital recipe.

Trial your recipe and take photographic evidence to be used for your digital recipe.

- Sketch your dish
- What safety concerns do you have?
- Plan your story board for 6 steps only.
- Rewrite your steps in language easy to understand.

The safety concerns that I have are that we can burn ourselves on the fry pan and stove, so we must make sure the fry pan is not on the edge of the counter and make sure our hands are away from the fry pan. We also need to make sure we don't place any plastic items or your hands on the stove. Other safety concerns are try not to burn yourself when pouring the boiling water down the sink. When using a knife for cutting food make sure to not have your fingers laid out so you don't cut your fingers and use a nonslip mat under the chop board, so you don't cut any part of your body.



Cut vegetables into tiny pieces



Boil the water for ten minutes then put pasta in to boil for ten minutes



Cut chicken into tiny pieces and cook for 5 minutes then add the vegetables and cook for 5 to 10 minutes



Now add the red wine sauce and cook for 10 minutes



Once done cooking the pasta and chicken and vegetables place all the ingredients on the plate and rip some basil up into pieces and sprinkle over the top along with cheese that you grated



Planning Page

Cooking and Safety Hints

Cut the chicken and vegetables as small as you can so you don't notice it as much.

Use a nonslip mat under your chopping board.



Recipe

Chicken pasta

15

15

3

Prep time

Cook time

Serves

Ingredients

1 bag Long fettucine pasta
Red wine sauce x1 can jar
Chicken breast ½ kilo
carrot x1 chop finely
Spinach x1 small bag chop finely
Shallots x1 chop finely
Garlic clove x1 chop finely
Basil x1 small bag chop finely
Cheese x1 bag

Utensils

- **Knife**
- **Cutting board**
- **Non slip mat**
- **Pot**
- **Pasta spoon**
- **Fork**
- **Frypan**
- **Bowl**
- **Wooden spoon**

Food Waste Tip

Use left over vegetables in your fridge instead of buying new vegetables.
Use any chicken you have left or buy only the amount you need.
if you do need to buy anything, try not to buy more than you need.



Chop carrot, spinach, shallot, and garlic finely



Cut chicken into tiny pieces then start cooking for 5 minutes. Then add the vegetables and cook for 5 to 10 minutes



Once the pasta and chicken and vegetables are done cooking place the ingredients on the plate rip some basil into tiny pieces and sprinkle on top and grate some cheese and sprinkle on top. Then enjoy eating.



Boil the water then add the fettucine to boiling water and cook for 10 to 12 minutes until tender.



Now add the red wine sauce to the chicken and vegetables and let cook for 5 minutes



TASK 8- CHICKEN PASTA



Our Chicken pasta has long fettuccine pasta with chicken, carrot, shallot, garlic clove, and spinach cooked with red wine sauce. For the finishing touches to the chicken pasta, you can add ripped up basil and grated cheese to give it a more delicious taste. This recipe is healthy and helps stop food waste because we have used a variety of ingredients that were already in the fridge. We have also used a small amount of protein and other ingredients readily available, without having to go out and buy them.

