

Food Technology Assignment

2008

Year 8 Research Assignment 1

Due Date: 2nd September

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New Guidelines for NSW school canteens

Traffic Light System

The New South Wales government launched the Healthy School Canteen Strategy Fresh Tastes @ School, in 2005. Canteen food and drinks have been categorised into a traffic light classification system. These guidelines will apply to all government school canteens and vending machines on school grounds. Food sold at special events like carnivals will also be restricted from 2007. The independent schools association has endorsed this plan. One of the reasons that the government introduced this scheme was because 20% of the state's children are obese. The government wants to tackle this problem early to reduce strain on the hospital system in the long run.

Traffic Light System	Colour Classification Definitions	Examples
	<p>Red means something people should cut down on, eat or drink occasionally or in smaller amounts. These foods lack nutritional value, have excess fats, sugar and salts and contributes to excess kilojoules.</p>	<p>Occasionally</p>  <p>Lollies, cakes, chocolate chips and donuts etc.</p>
	<p>Amber means the food isn't high or low in the nutrient, so it can be consumed most of the time. These foods have small nutritional benefit and can lead to excess kilojoules.</p>	<p>Select Carefully</p>  <p>Nuggets, noodles, cup cakes, hamburgers and lamingtons etc.</p>
	<p>Green means the food is low in salt, added sugar and fats and is the preferred choice. These foods are a good source of nutrients, have less fat, sugar and salt and also help reduce the intake of kilojoules.</p>	<p>Fill The Menu</p>  <p>Sandwiches, Fruit, Vegetables, Milk and Water etc.</p>

3 Healthy Recipes

Watermelon sherbet

Preparation time: 5 minutes Cooking time: 0 minutes (Not required) serves: 4

Ingredients: 1/3 cup icing sugar, 3 cups watermelon flesh, chopped, 1 cup blueberries
 1 cup strawberries, and 2 cups reduced fat ice cream

Method: Mix icing sugar with chopped watermelon. Puree and freeze. Spoon into tall glasses alternating blueberries, strawberries and low fat ice cream.



This recipe is a healthy recipe because it is nutritious in the form of watermelon as fruit. This food is also appealing because it is served with ice cream that is low in fat. The ingredients used in this recipe can be purchased for less than twelve dollars. Watermelon sherbet is gluten, egg and nut free and is low salt.

Tropical Fruit Muffins

Ingredients: 1 ½ cups wholemeal plain flour, 2 tablespoons shredded coconut,
 3 tablespoons soft brown sugar, 1 ½ teaspoons baking powder, pinch salt,
 ½ cup finely chopped ripe mango, ½ cup finely chopped pineapple,
 1 ½ cup tablespoons vegetable oil, 1/3 cup coarsely chopped macadamias,
 1/3 cup low fat natural or vanilla yoghurt, 1 egg, beaten

Between 10 to 12 servings.

Method

Preheat oven to moderate. Combine flour, coconut, sugar, baking powder and salt in a bowl. Make a hollow in the centre and add mango, pineapple, oil, macadamias, yoghurt and egg. Stir just until dry ingredients are moistened. Sit patty papers in muffin cups and fill with large tablespoons mixture. Bake 15 min or until a skewer inserted in the centre comes out clean. Cool 5 min on cake rack before removing from muffin pan.



This recipe is a healthy recipe because it contains nutritious fruit. Fruit is essential to a healthy diet. This food is also appealing because it can be used as a quick snack idea and contains yoghurt. The ingredients used in this recipe are fairly cheap. When all of the tropical fruits like pineapple, mango and coconut are added this gives the muffins an even better taste.

SPLIT PEA SOUP (serves 2)

Ingredients: ½ cup yellow split peas, 2 tsp. oil 1 small onion, ½ stick celery, 1 medium carrot , pinch dried basil, freshly ground black pepper, 2 ½ cups stock or water, ½ cup low fat milk, 1 tblsp chopped parsley

Method:

Slice onions; roughly chop celery and carrots, heat oil, saute'onions gently for 2 minutes. Add vegetables, sauté' 2 minutes. Add basil, pepper and stock. Bring to the boil, cover and simmer gently 20-30 m or until tender. Puree if liked. Add milk to give a thick pouring consistency. Stir in chopped parsley and serve with crusty brown bread or damper. Best served hot.



This recipe is a healthy recipe because it has lots of nutritious vegetables. Vegetables play a major role in a balanced diet. This food is also appealing because it is delicious and soup is usually served as a complimentary to a main meal. The ingredients used in this recipe are reasonably easy to find and prepare. The soup is thick, and consistency creamy. It has a blend of flavors.

<i>Bibliography</i>				
Books	<i>Name of book</i>	<i>Author of book</i>	<i>Year</i>	<i>Other</i>
	<i>The Healthy Eating Cookbook for Kids</i>	<i>By Health Development Foundation</i>	<i>1992</i>	<i>None</i>
Magazines	<i>Name of magazine</i>	<i>Magazine author</i>	<i>Issue</i>	<i>Article</i>
	<i>Great Health</i>	<i>GMHBA</i>	<i>August 2008</i>	<i>Fresh #1 Family Favourites</i>
Internet Articles	<i>Website name</i>	<i>Online article name</i>	<i>Author of website</i>	<i>Internet Address</i>
	<i>Better Health Channel</i>	<i>Watermelon sherbet</i>	<i>Sydney Markets</i>	http://www.betterhealth.vic.gov.au/
	<i>NSW Health</i>	<i>NSW Health</i>	<i>Depart of Health</i>	http://www.health.nsw.gov.au/news/2006/20060905_00.html