**”Six By Sixteen” Performance task**

# HFA 4U1 – Nutrition and Health

The OFA (Ontario Farmers’ Association) has teamed up with other organizations to help with food literacy in Ontario. The argument is that teenagers should be able to prepare 6 healthy, nutritious recipes by the time they are sixteen years old. In his TED Talk in 2010, Jamie Oliver made a similar suggestion where he said: “Under the circumstances, it's profoundly important that every single American child leaves school knowing how to cook 10 recipes that will save their life. Life skills. That means that they can be students, young parents, and be able to sort of duck and dive around the basics of cooking, no matter what recession hits them next time. If you can cook, recession money doesn't matter. If you can cook, time doesn't matter.” ~ Jamie Oliver, TED Talk, February 2010.

**For this performance task, you have been hired by the OFA to produce the collection of 6 recipes and cooking advice for their “Six by Sixteen” campaign. Having completed the Nutrition and Health course, they consider your expertise highly valuable. You will produce a collection of 6 recipes in a Google slide show to be shared with the class, additional cooking information and a 20-minute demonstration to the class of how to prepare your “best” recipe.**

The components of this assignment are as follows:

* An **introduction** explaining how and why a program like Six by Sixteen is beneficial and necessary.
* A detailed list of **staple food items** that each person should always have on hand in order to prepare healthy, tasty and nutritious meals, with explanations of how they can be used.
* A list of **cooking equipment essentials** that should be found in a kitchen in order to prepare meals at home.
* A collection of **6 must-know recipes** by the age of 16 (including name of recipe, ingredient list and directions for each). You must be able to justify why you chose these particular recipes as the definitive recipes that teens should know for healthy and nutritious cooking for life.
* Detailed **justifications** of why each recipe was chosen (including references from the course – see attached list for details), including the reasons it should be one of the six must-know recipes; complete **Nutrition Information** including an explanation of **beneficial nutrients** found in the recipe; explanation of how it relates to **Canada’s Food Guide**; possible **variations** of each recipe that could be made to make it more versatile; an **image** of what the completed recipe should look like.
* A **fun and exciting 20 minute demonstration** (live or filmed) of how to prepare your “best” recipe of the six recipes you found. The demonstration must include a **justification** of why you chose this as your best recipe; **safety** precautions that should be taken when preparing it; **tools and techniques** used in this recipe; helpful **tips and tricks**; **nutrition information**; and tie-ins to important **concepts** discussed throughout the course. Consider making a script to help keep you on track and to help ensure that you have included all necessary information.
* A complete list of APA-style **references**. (if sources other than class material is used)

The following topics can be referred to as part of your justification for each recipe – as to why the recipe is a good choice. The more of these topics you can refer to in your justification, the more worthy a justification it will be.

|  |  |  |
| --- | --- | --- |
| Digestion | Dieting | Obesity Prevention |
| Food Security / Global Hunger | Nutrient Deficiency Disease Prevention | Food Waste |
| Heart Health / Cholesterol Reduction | Pesticide Reduction | Whole Grain Benefits |
| Organics | Healthy food on a Budget | Nutrient Benefits and effects |
| Breakfast Power | Prevention of Food Borne Illness | University Survival Tips |
| Local Foods | Homemade vs. Convenience Foods | Functional Foods / Phytochemicals |

When completing your 20-minute demonstration you must include the following items / steps:

1. Introduce yourself and your team.
2. Introduce your recipe.
3. State the ingredients required and the steps that you are taking as you prepare it.
4. Discuss and demonstrate safety and sanitation procedures that are taking place throughout the demonstration.
5. Thoroughly explain the techniques and tools you are using to prepare your recipe.
6. Explain, using the topics in the chart, why your recipe is the “best” six by sixteen recipe.
7. Discuss and explain relevant nutrition information.
8. Make it interesting, fun and exciting.

As part of your demonstration, you can consider including:

Theme music Background music Costumes Visual Aids

Backdrop/Set Banner Props Recipe/Tip Flash Ups

Website Links Pictures/Trivia Historical Information Jokes/Sense of Humour

**Rubric**

|  |  |  |
| --- | --- | --- |
| **Category** | **Grade** | **Comments** |
| **Knowledge**:   * Knowledge presented in the show and in the cookbook is accurate and detailed * Nutrition information is detailed, complete and accurately analyzed and explained. * Rationale for the need for a campaign such as Six By Sixteen is detailed, clear, offers significant explanations and details including references from the course. * Staple Food Item List is detailed and includes explanations of the types of dishes that can be made from each of the staple food necessities. * Cooking Essentials List is detailed and thorough and would help someone setting up a new kitchen. |  |  |
| **Thinking:**   * Justifications are thorough, detailed, well constructed and include many course components and include explanations for why they should be included * A clear explanation of variations of each recipe is included. * Information in the cooking demonstration is explained and integrated effectively * Target audience is addressed |  |  |
| **Communication:**   * Cookbook is clear, organized and employs correct spelling and grammar * Presentation is engaging – speakers are loud, fluid and use lots of intonation and expression |  |  |
| **Application:**   * 6 recipes are included and are complete with ingredients and directions. * Demonstration is organized and uses 3 methods effectively to engage and entertain the audience * Proper methods and techniques are followed * Recipe choice is appropriate and tasty * Time limit is respected and appropriate * Kitchen was left clean |  |  |