



"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 slides (PPTs) and a Food review video.**

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.
- **Individual work:** A fun and exciting food review: 3-7min food review video (live or filmed). Go to any restaurant that you like most and order any food. Eat it and act as like a Youtube food reviewer. Analyze these point of that food-
 - i) Main ingredients of the food
 - ii) Any special techniques to cook or how did they cook it.
 - iii) Taste of the food (rate it out of 10!)
 - iv) Nutritional facts. Make it interesting, fun and exciting.
 - v) Any precaution associated with the food (Peanut allergies etc)
- 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

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

This is your 50% grade of your HFA4U-Final Assessment

HFA4U-Final Assessment Rubric

Category	Grade	Comments
Knowledge: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 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 		