

DESIGN AND TECHNOLOGIES
PROJECT FOLIO
NUTS FOR LIFE
YRS 7/8



Project Folio - Part 1

Explain the factors that may influence the production of a healthy lunch snack for an adolescent.

- ▶ Before we design a food product, we need to consider factors that influence the design.
- ▶ Watch the film clip 'Factors affecting food choices' (1min44)

<https://www.bing.com/videos/search?q=factors+affecting+food+choice+in+australia&&view=detail&mid=0A23B27958EC981C0A5B0A23B27958EC981C0A5B&&FORM=VRDGAR>

- ▶ The clip identifies 15 factors that may influence the product design. Identify the main factors that will influence your design for this task.

Factors that influence product design

- ▶ The clip identifies 15 factors that may influence this product design:

Personal likes and dislikes	Time	Religion
Age	Setting	Culture and traditions
Access to food	Occasion	Ethnic beliefs
Storage and cooking facilities	Cooking skills	Knowledge of food and health
Cost	Season	Advertising

Social factors

▶ Age

- must appeal to adolescent age group and promote an adolescent's health

▶ Knowledge of food and health (Nutrition)

- Choose foods using the Australian Dietary Guidelines to ensure ingredients are healthy
- Choose foods that promote current and future health

▶ Occasion

- Lunch snack

Sustainable factors

➤ Access to food

- Choose Australian products, preferably local produce from markets or **local fruit and vegetable shop ?**

➤ Season

- choose food in season as it is fresh and less expensive; organically grown foods are often more expensive and this is not always a viable option.

8 SIMPLE STEPS TO SUSTAINABILITY

- ▶ View this poster:

https://sustainabletable.org.au/wp-content/uploads/Eight_steps.pdf

- ▶ How will this information be applied to your project task?

SUMMARY:



Part 1 (b)

Explain how the features of technologies may influence the production of a healthy lunch snack for an adolescent. Consider the following:

- ▶ **Aesthetics** - needs to appeal to adolescent's senses - look, smell, taste, mouth feel
- ▶ **Cost** - needs to keep to a budget and use ingredients readily available
- ▶ **Ingredients** - should use fresh, little processing, no preservatives/additives/colours, limit refined sugars
- ▶ **Equipment and tools** - consider what you have available to use
- ▶ **Techniques and processes** - consider experience with chopping, grating, slicing, sifting, beating, creaming, folding; if too difficult, it may not be a suitable solution
- ▶ **Time** - what time is available to produce the product; quick to produce for an adolescent?

Use the information discussed to complete the Design Summary in your booklet.