VCE Food Studies: Performance descriptors

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| **Food Studies****SCHOOL-ASSESSED COURSEWORK** |
| **Performance descriptors** |
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| **Unit 3****Outcome 1**Explain the processes of eating and digesting of food and relationship to the utilisation of macronutrients, and justify the science behind the development of the Australian Dietary Guidelines and apply principles of nutrition in practical activities to examine specific dietary needs. | **DESCRIPTOR: typical performance in each range** |
| **Indicators** |  | **Very low** | **Low** | **Medium** | **High** | **Very high** |
| * processes of eating and digestion of food
* utilisation of macronutrients in the body
 | Insufficient evidence | Identifies processes of eating, digesting and absorbing food in the body. | Outlines processes of eating, digesting and absorbing food in the body.  | Outlines processes of eating, digesting and absorbing food and relationship to the utilisation of macronutrients in the body. | Describes processes of eating, digesting and absorbing food and relationship to the utilisation of macronutrients in the body. | Explains processes of eating and digesting of food and relationship to the utilisation of macronutrients in the body. |
| Identifies macronutrients in food. | Outlines utilisation of macronutrients. |
| * science behind the Australian Dietary Guidelines
 | Insufficient evidence | Identifies the science behind the development of the Australian Dietary Guidelines. | Outlines the science behind the development of the Australian Dietary Guidelines. | Describes the science behind the development of the Australian Dietary Guidelines. | Explains the science behind the development of the Australian Dietary Guidelines. | Justifies the science behind the development of the Australian Dietary Guidelines. |
| * credibility of Australian Dietary Guidelines
 | Insufficient evidence | Identifies credibility of the Australian Dietary Guidelines. | Outlines credibility of the Australian Dietary Guidelines. | Describes credibility of the Australian Dietary Guidelines. | Explains credibility of the Australian Dietary Guidelines. | Justifies credibility of the Australian Dietary Guidelines |
| * examine specific dietary needs through practical activities that apply principles of nutrition
 | Insufficient evidence | Identifies specific dietary needs through practical activities that apply principles of nutrition of the Australian Dietary Guidelines. | Outlines specific dietary needs practical activities that apply principles of nutrition of the Australian Dietary Guidelines. | Describes specific dietary needs through practical activities that apply principles of nutrition of the Australian Dietary Guidelines. | Explains specific dietary needs through practical activities that apply principles of nutrition of the Australian Dietary Guidelines. | Examines specific dietary needs through practical activities that apply principles of nutrition of the Australian Dietary Guidelines. |
| * understanding of causes and symptoms of food allergies
 | Insufficient evidence | Identifies causes and symptoms of food allergies. | Outlines causes and symptoms of food allergies. | Describes causes and symptoms of food allergies.  | Explains causes and symptoms of food allergies. | Explains causes and symptoms of food allergies and food intolerances and justifies substitution of ingredients to manage food allergies and/or food intolerances. |
| understanding of causes and symptoms of food intolerances | Insufficient evidence | Identifies causes and symptoms of food intolerances.  | Outlines causes and symptoms of food intolerances. | Describes causes and symptoms of food intolerances.  | Explains causes and symptoms food intolerances. |
| understanding of substitution of ingredients to manage dietary needs | Insufficient evidence | Identifies substitutions of ingredients to manage food allergies and/or food intolerances | Outlines substitutions of ingredients to manage food allergies and/or food intolerances | Outlines substitutions of ingredients to manage food allergies and/or food intolerances | Explains substitutions of ingredients to manage food allergies and/or food intolerances |

KEY to marking scale based on the Outcome contributing 50 marks

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| Very Low 1–10 | Low 11–20 | Medium 21–30 | High 31–40 | Very High 41–50 |