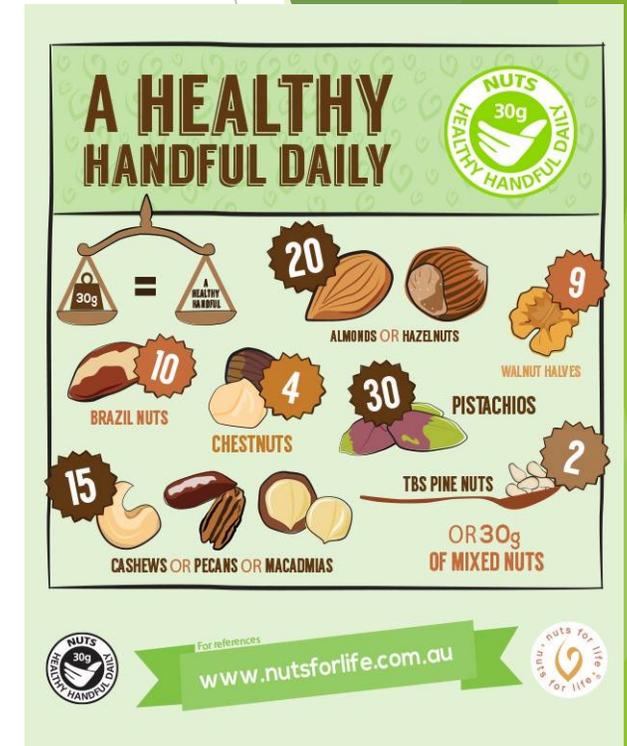


DESIGN AND TECHNOLOGIES
PROJECT FOLIO
NUTS FOR LIFE
YRS 7/8



INTRODUCTION - ANSWER THE FOLLOWING QUESTIONS TO ASCERTAIN YOUR NUT KNOWLEDGE!

- ▶ 1. How often do you eat nuts - every day, once a week, not often?
- ▶ 2. Why or why do you not eat nuts?
- ▶ 3. How many serves of nuts do you think we should consume each day?
- ▶ 4. How many nuts do you think are in a serve?
- ▶ 5. List all the types of nuts you know.



Collate the answers from the class. Do your answers correlate with the research????

- ▶ According to 2016 Consumer Insights research commissioned by Nuts for Life, 95% of Australians do not eat a handful of nuts a day and the number one health-related reason is because they are concerned about nuts' fat and kilojoule content and their potential to cause weight gain.
- ▶ However, in 2015, Nuts for Life researchers found that regular nut consumption as part of a healthy, balanced diet contributes to heart health without causing weight gain.

A HEALTHY HANDFUL DAILY

NUTS
30g
HEALTHY HANDFUL DAILY

NUT EATERS
WEIGH LESS

A HEALTHY HANDFUL IN A HEALTHY DIET HELPS MANAGE BODY WEIGHT

For references
www.nutsforlife.com.au

NUTS
30g
HEALTHY HANDFUL DAILY

nuts for life

A DAILY HANDFUL + A HEALTHY DIET

MANAGES WEIGHT

LOWERS CHOLESTEROL

REDUCES CELL DAMAGE

LOWERS BLOOD SUGAR BY 20%

LOWER RISK OF HEART DISEASE AND TYPE 2 DIABETES

IMPROVES DIGESTIVE HEALTH

ALL TREE NUTS

Why include nuts in a healthy diet?

- ▶ With nearly two thirds of adults and a quarter of Australian children overweight or obese - a condition fundamentally linked to poor food choice and a lack of exercise, it is essential that we encourage Australians to base their food choices on nutrient-rich, whole foods. It's these foods that should be eaten more often - fruits and vegetables, wholegrains, legumes, nuts and seeds.
- ▶ Nuts every day can help manage cholesterol, diabetes and body weight. Yes, high-fat foods can help manage weight. It's time to stop being fat-phobic and instead ditch the low-fat diet. A successful weight management diet doesn't mean avoiding the foods we love, such as nuts.

Read the Project task on page 2 of the Design Task booklet. What are you required to do?

► DESIGN CHALLENGE:

Design, produce and evaluate healthy snacks for an adolescent that use NUTS as a main ingredient.

The snacks must be able to be prepared in bulk in 30 minutes, be attractively presented and appeal to adolescents. Ingredients and equipment need to be readily available.



To do this, you will need to follow the Design process.

► Part 1:

Explain the features and factors that influence the design of products

► Part 2:

Investigate how nuts can meet the specific needs of this adolescent. Define the product needs by developing a *Criteria for success table* for a healthy meal for this adolescent.

► Part 3:

Generate designs for healthy meals using nuts. Draw/sketch and annotate two design ideas. Use the *Criteria for success table* to decide which idea will be your preferred design idea.

► Part 4:

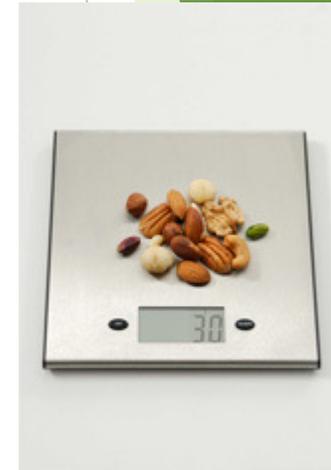
Collaborate with your team to decide which idea is best.

► Part 5:

Produce your team's healthy snack, either at home or at school. Photograph. Annotate the photograph.

► Part 6:

Evaluate the process and the product using your *Criteria for success*.



BACKGROUND INFORMATION



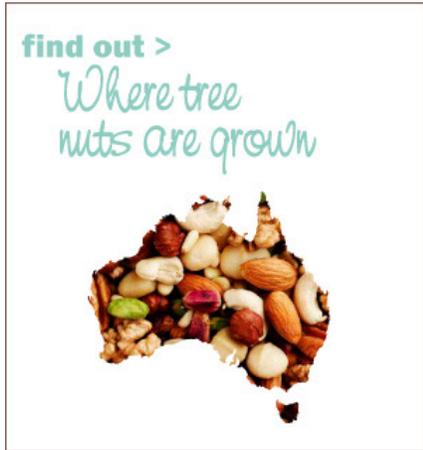
DEFINITION OF NUTS

According to the Australian Dietary Guidelines:

- ▶ A nut is a simple dry fruit with one or two seeds in which the ovary wall becomes very hard (stony or woody) at maturity, and where the seed remains attached or fused with the ovary wall. Any large, oily kernel found within a shell and used in food may be regarded as a nut. Examples include almonds, pecans, walnuts, brazil nuts, cashew nuts, chestnuts, hazelnuts, macadamia nuts, pine nuts and pistachio nuts.
- ▶ The term 'nut' is applied to many seeds that are not botanically true nuts. These may include cape seed, caraway, chia, flaxseed, linseed, passionfruit, poppy seed, pepita or pumpkin seed, sesame seed and sunflower seed.
- ▶ Although the peanut is technically a legume, the nutritional composition of the peanut is close to that of tree nuts, and there is research showcasing peanuts health benefits.

https://www.nhmrc.gov.au/_files_nhmrc/file/publications/n55_australian_dietary_guidelines1.pdf

Where are nuts grown in Australia?



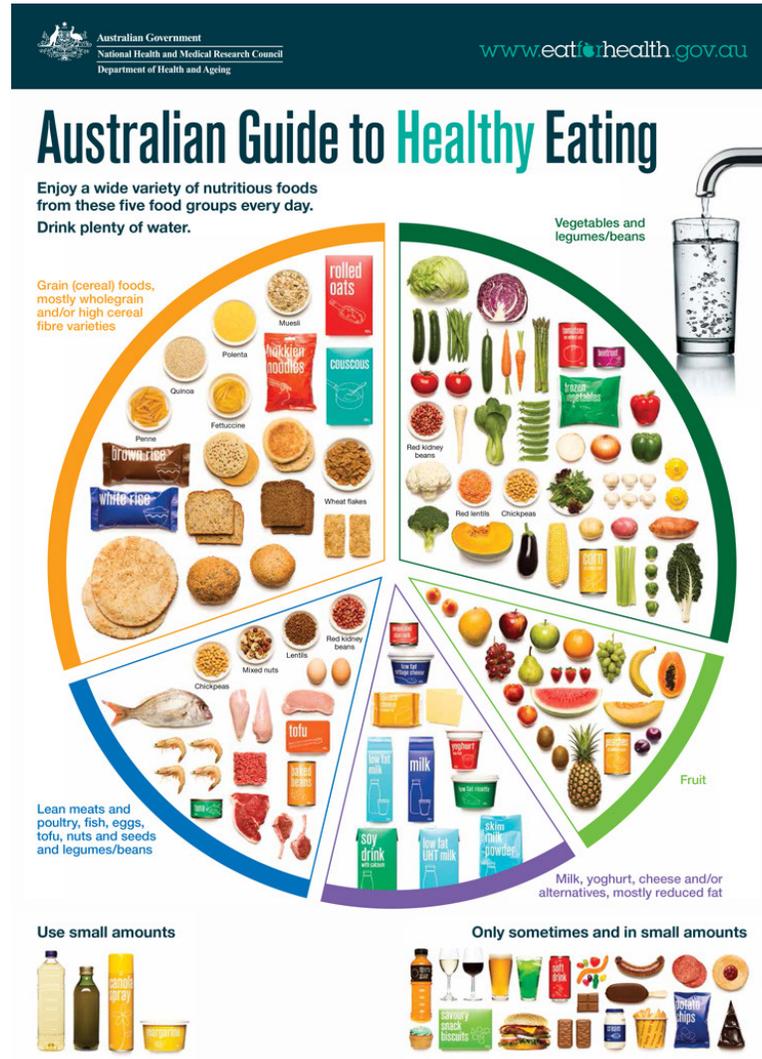
- ▶ Tree nuts sold in Australia can be Australian grown or imported.
- ▶ <https://www.nutsforlife.com.au/resource/where-are-nuts-grown/>

Why are Nuts important to Australia's agricultural industry?

- ▶ Tree nuts provide attractive alternative production options to the more traditional but largely low value Australian agricultural industries which are currently under pressure from the low labour costs, and heavily subsidised production of overseas competitors.
- ▶ The tyranny of distance generally means that most agricultural commodities carry a high export freight cost to our major markets. By contrast, the high value of nuts compared to most broadacre crops means the freight cost is an insignificant component.
- ▶ Australia enjoys a reputation in consuming countries for unsurpassed food-safety and environmental standards (clean and green). Our relative isolation has generally provided Australian agriculture with a pest- and disease-free environment.
- ▶ From paddock to processing, the Australian industry has excelled at producing a wide and growing range of tree nut crops. Underpinning this success are several factors including the variety of climatic and agronomic zones, excellent infrastructure and processing systems, investment in research and development, and skilled growers and advisors.

<http://www.nutindustry.org.au/growing-tree-nuts-in-australia.html>

YES! Nuts are part of a healthy eating plan.



Recommended daily serve for nuts



Just 30g of nuts a day, which is around a handful, can help you meet your daily nutrient needs and maintain your health. For those wanting to lower cholesterol research shows around 67g (or two handfuls) of nuts are needed each day.

NB. 30g is the standard serve, stated in Australian Dietary Guidelines

Ways nuts can be included in a healthy eating plan

- ❖ Sprinkle some nuts on your morning muesli
- ❖ They add great crunch to a salad or sandwich
- ❖ Keep some nuts in your lunch box for the perfect snack
- ❖ Use them when cooking. From stir-fries to pasta, nuts add an extra boost of nutrients to your evening meal as well as increase the enjoyment with extra taste and crunchy texture.

For more ideas, head to:

<https://www.nutsforlife.com.au/recipes/>



If nuts are healthy, why do only 2% of Australians consume nuts every day?

- ▶ Lack of nutrition education
- ▶ Fat phobia
- ▶ Expense

