

ORANGE HIGH SCHOOL

ASSESSMENT TASK NOTIFICATION



Subject	PDHPE
Topic	You've Got to Nourish to Flourish
Class Teacher	
Head Teacher	Ms Dray
Date Given	Term 3, Week 7, 2022
Date Due	Term 3, Week 9, 2022

Healthy Food Habits

PART A – 3 Day Food Diary

Keep your own food diary for 3 days (during the school week) by writing down absolutely everything you eat and drink each day – make sure you don't leave anything out. **3 marks**

Using the information provided in the *Healthy Eating for Children* pamphlet (on your Google Classroom), answer the following questions (submit on a google doc in your Google Classroom)

1. Refer to the *Healthy Eating for Children* pamphlet. Outline what each of the 5 guidelines means. **3 marks**
2. Identify the target audience for this information pamphlet. Justify your response. **5 marks**
3. Examine your 3-day food diary. Identify the areas where you have met the guidelines *and* areas that need improvement (include examples in your answer). **5 marks**
4. Describe 2 goals you could implement to improve your healthy eating habits *eg increase my water consumption* **2 marks**
5. Describe 2 strategies you could implement to achieve these goals. *eg take a drink bottle to school and fill it up at recess and lunch.* **2 marks**

PART B – In class evaluation

Using the information from the *Healthy Eating for Children* pamphlet and your knowledge of the five food groups and the Australian Dietary Guidelines, modify your original food diary to demonstrate how you can improve on each guideline and meet the recommended daily intake for each food group, based on your age and gender. **5 Marks**

Verb Bank

Identify – recognise and name

Outline – sketch in general terms

Describe – provide characteristics and features

Justify – support your argument

Submission

This task is to be submitted in your PD theory lesson (to be advised by your teacher)

It is to be uploaded and turned into Google Classroom.

Outcomes/Content Assessed:

PD4-7 investigates health practices, behaviours and resources to promote health, safety, wellbeing and physically active communities

Key inquiry question	Content
<ul style="list-style-type: none">What positive actions contribute to the health, safety, wellbeing and participation in physical activity levels of the wider community?	<ul style="list-style-type: none">develop health literacy skills and promote health information that is aimed at assisting young people to address health issuesassess health products, information and advertising to expose myths and fallacies, eg understanding food labels, contraceptive products S
<ul style="list-style-type: none">How can I effectively manage my own and support others health, safety, wellbeing and participation in physical activity?	<ul style="list-style-type: none">plan and use health practices, behaviours and resources to enhance the health, safety, wellbeing and physical activity participation of their communities.investigate different approaches and develop personal plans for promoting their own positive mental health and wellbeing, eg mindfulness, relaxation, healthy eating Sresearch and plan a variety of nutritional and physical activity options to promote the health of young people in the wider community

Non-completion of Task:

If you know you are going to be away on the day that the task is due, you must make alternative arrangements with your teacher beforehand. If you are suddenly away on the day that the task is due, you must contact your teacher or Head Teacher on your return to school. Documentation will be required in both classes.

Plagiarism:

Plagiarism, the using of the work of others without acknowledgement will incur serious penalties and may result in zero award. Any cheating will also incur penalties.

Failure to follow the above procedures may result in a zero award.

NOURISH TO FLOURISH MARKING CRITERIA

PART A CRITERIA:	1 MARKS	2 MARKS	3 MARKS	4 MARKS	5 MARKS	TOTAL
3-day food diary 3 marks	Completes 1 whole day including food <i>and</i> drink	Completes 2 whole days including food <i>and</i> drink	Completes 3 whole days including food <i>and</i> drink			
Q1 <u>Outline</u> each of the 5 guidelines. 3 marks	Shows a basic knowledge of some of the guidelines.	Shows sound knowledge of most or all guidelines. Relevant examples included.	Exceptionally developed knowledge of all guidelines. A range of relevant examples included.			
Q2. <u>Identify</u> the target audience for this information pamphlet. <u>Justify</u> your response 5 marks	Identifies a target audience. Includes a limited argument to support their response. No examples are included. No reference to the AGTHE.	Identifies a target audience. Includes a basic argument to support their response. No examples included. No reference to the AGTHE.	Identifies a target audience. Includes a sound argument to support their response. Some relevant examples included which link to the AGTHE.	Identifies a target audience. Includes a highly developed argument to support their response. Some relevant examples included with references to the AGTHE	Identifies a target audience. Includes an exceptional argument to support their response. A range of relevant examples included with references to the AGTHE	
Q3 <u>Identify</u> the areas where you have met the guidelines <i>and</i> areas that need improvement (include examples in your answer). 5 marks	Identifies limited areas where guidelines have been met <i>or</i> areas that that need improvement. Answer shows limited understanding of the guidelines. Does not include relevant examples.	Identifies some areas where guidelines have been met <i>or</i> areas that that need improvement. Answer shows basic understanding of the guidelines. Does not include relevant examples.	Identifies some areas where guidelines have been met and some areas that that need improvement. Answer shows a sound understanding of the guidelines. Includes relevant examples.	Identifies multiple areas where guidelines have been met <i>and</i> areas that that need improvement. Answer shows highly developed understanding of the guidelines. Includes relevant examples with references to the AGTHE.	Identifies a variety of areas where guidelines have been met and areas that that need improvement. Answer shows exceptional understanding of the guidelines. Includes a range of relevant examples with references to the AGTHE.	

Q4 <u>Describe</u> 2 goals you could implement to improve your healthy eating habits	Describes the characteristics and features of 1 goal	Describes the characteristics and features of 2 goals		
Q5 <u>Describe</u> 2 strategies you could implement to achieve these goals	Describes 1 strategy that is relevant to the goal set in Q3	Describes in detail 2 strategies that is relevant to the goal set in Q3. Examples included.		
Comment				

PART B CRITERIA:	<u>1 MARK</u>	<u>2 MARKS</u>	<u>3 MARKS</u>	<u>4 MARKS</u>	<u>5 MARKS</u>	<u>TOTAL</u>
Food Diary modifications.	Makes limited modifications to the food diary. Modifications show limited understanding of the AGTHE, five food groups and recommended daily intake for age and gender.	Makes basic modifications to the food diary. Modifications show basic understanding of the AGTHE, five food groups and recommended daily intake for age and gender.	Makes sound modifications to the food diary. Modifications show a sound understanding of the AGTHE, five food groups and recommended daily intake for age and gender.	Modifications to the food diary show a highly developed understanding of the AGTHE, five food groups and recommended daily intake for age and gender.	Modifications to the food diary show an exceptional understanding of the AGTHE, five food groups and recommended daily intake for age and gender.	
Comment						