

MANILLA CENTRAL SCHOOL - ASSESSMENT TASK NOTIFICATION 2023

Stage 4 PDHPE – R WRIGHTSON



Task Number: 2

Notification Date: Term 2 Week 5 Thursday 25/05/2023

Weight: 20%

Due Date: Term 2 Week 8 Tuesday 13/06/2023

By 3.20pm to Miss Wrightson

MEAL PLAN

OUTCOMES ASSESSED

PD4-4 refines, applies and transfers movement skills in a variety of dynamic physical activity contexts

PD4-6 recognises how contextual factors influence attitudes and behaviours and proposes strategies to enhance health, safety, wellbeing and participation in physical activity

PD4-8 plans for and participates in activities that encourage health and a lifetime of physical activity

TASK DESCRIPTION

Students have learnt about the various food groups, the Dietary Guidelines for Australian Adults and Dietary Guidelines for Children and Adolescents in Australia. They have explored the concept of healthy food habits, nutritional requirements and the relationship between food habits, health and physical activity.

TASK INSTRUCTIONS

Part 1 – You are required to design a realistic meal plan for a family of 4 (2 adults, 2 children) for a week. The meal plan must include all meals and snacks and the serves of each food. The meal plan should reflect the Dietary Guidelines for Australian Adults and Dietary Guidelines for Children and Adolescents in Australia. **(10 marks)**

*One of the children has a peanut allergy.

Part 2 – You are required to research and write a short report for the school newsletter on at least one physical activity option within our community. You must include:

- What the activity is.
- Where you can participate in this activity.
- How much does it cost to participate?
- Who is able to participate in this activity?
- How does this activity contribute to achieving the physical activity recommendations for Australians?
- Why should people participate in this activity?

(10 marks)

Your report must be at least 200 words.

Teacher's signature: _____

Miss R Wrightson

Head Teacher's signature: _____

Miss A Nott

Deputy Principal's signature: _____

Mrs A Lawrence

Marking Guidelines

Part 1 - (10 marks)

<ul style="list-style-type: none"> • Demonstrates a complete and realistic meal plan that is appropriate for a family of 4 (2 adults and 2 children) for a week • Meal plan is suitable for someone with an allergy to peanuts • Meal plan reflects the Dietary Guidelines for Australian Adults, Adolescents and Children • Correct serve sizes/amounts are included. • Meal plan is presented in a clear and sophisticated manner • Meets all submission requirements 	9-10
<ul style="list-style-type: none"> • Demonstrates a realistic meal plan that is appropriate for a family of 4 (2 adults and 2 children) for a week • Meal plan is suitable for someone with an allergy to peanuts • Meal plan reflects some of the Dietary Guidelines for Australian Adults, Adolescents and Children • Serve sizes/amounts are included. • Meal plan is presented in a clear and sophisticated manner 	7-8
<ul style="list-style-type: none"> • Demonstrates a meal plan that is appropriate for a family of 4 (2 adults and 2 children) for a week • Meal plan is suitable for someone with an allergy to peanuts • Meal plan reflects some of the Dietary Guidelines for Australian Adults, Adolescents and Children • Serve sizes/amounts are included. • Meal plan is presented in a clear manner 	5-6
<ul style="list-style-type: none"> • Demonstrates a meal plan for a family of 4 (2 adults and 2 children) • Meal plan is not suitable for someone with an allergy to peanuts • Meal plan reflects some of the Dietary Guidelines for Australian Adults, Adolescents and Children • Some of the serve sizes/amounts are included. • Meal plan is not presented in a clear manner 	3-4
<ul style="list-style-type: none"> • Demonstrates an incomplete meal plan for a family of 4 (2 adults and 2 children) • Meal plan is not suitable for someone with an allergy to peanuts • Some of the serve sizes/amounts are included. • Meal plan is presented in a basic manner 	1-2
<ul style="list-style-type: none"> • Non-serious attempt 	0

Part 2 - (10marks)

<ul style="list-style-type: none">• Report successfully meets all the criteria• Report is well researched and written in a clear, complete and sophisticated manner• Meets the minimum word count• Meets all submission requirements	9-10
<ul style="list-style-type: none">• Report successfully meets most of the criteria• Report is somewhat researched and written in a clear and manner• Meets the minimum word count• Meets all submission requirements	7-8
<ul style="list-style-type: none">• Report meets most of the criteria• Report is somewhat researched and written in a clear and manner• Meets the minimum word count• Meets all submission requirements	5-6
<ul style="list-style-type: none">• Report meets some of the criteria• Report is written with limited research and is incomplete• Does not meet the minimum word count• Meets some of the submission requirements	3-4
<ul style="list-style-type: none">• Report meets a few of the criteria• Report is incomplete• Does not meet the minimum word count• Meets a few of the submission requirements	1-2
<ul style="list-style-type: none">• Non-serious attempt	0

Feedback:

Teacher Signature: _____

Date: _____

Task Mark	Task Rank	Cumulative Rank