

## MANILLA CENTRAL SCHOOL - ASSESSMENT TASK NOTIFICATION 2023

### Stage 5 PDHPE – R WRIGHTSON

Task Number: 2

Notification Date: Term 2 Week 4 Wednesday 17/05/2023

Weight: 20%

Due Date:

Term 2 Week 8 Wednesday 14/06/2023

To Miss Wrightson by 3.20pm



## MEAL PLAN

### OUTCOMES ASSESSED

- PD5-2** researches and appraises the effectiveness of health information and support services available in the community.
- PD5-6** critiques contextual factors, attitudes and behaviours to effectively promote health, safety, wellbeing and participation in physical activity.
- PD5-7** plans, implements and critiques strategies to promote health, safety, wellbeing and participation in physical activity in their communities.
- PD5-8** designs, implements and evaluates personalised plans to enhance health and participation in a lifetime of physical activity.

### TASK DESCRIPTION

In this assessment task, you will be required to design a balanced diet plan for a week for a hypothetical client. You will need to consider the client's individual needs and preferences, the Australian Dietary Guidelines, and the principles of healthy eating.

### TASK INSTRUCTIONS

You have been hired as a nutritionist to design a balanced diet plan for a 16-year-old (specify girl or boy). The client has an active lifestyle, playing sport at least 3 days per week. They are about to begin preseason training for their upcoming soccer season and will be increasing their training load.

Your task is to design a balanced diet plan for the client that includes all the essential nutrients and meets their individual needs and preferences. You should provide a detailed plan for each day of the week, including all meals and snacks.

Your diet plan should be based on the following principles of healthy eating:

- Eating a variety of foods from all the food groups.
- Choosing mostly wholegrain and high-fibre foods.
- Limiting intake of saturated and trans fats, added sugars, and salt.
- Choosing lean sources of protein.
- Drinking plenty of water.
- You should also refer to the Australian Dietary Guidelines and include the recommended number of serves for each food group in your plan.

In your plan, you should include:

- Guidelines, Recommended Dietary Intake (KJ needed per day) serving sizes for the intended client.
- A list of all the foods and drinks consumed for each meal and snack.
- The recommended serving sizes for each food and drink
- The total energy (KJ) intake for each day
- A brief explanation of how your plan meets the client's individual needs and preferences.
- Any additional recommendations or advice for the client

Useful resources

- <https://www.eatforhealth.gov.au/>
- <https://www.sportsdietitians.com.au/factsheets/food-for-your-sport/food-for-your-sport-soccer/>

### Submission requirements

- Submitted to Miss Wrightson by Wednesday 14/06/2023 as a hard copy, via email ([Rebecca.wrightson3@det.nsw.edu.au](mailto:Rebecca.wrightson3@det.nsw.edu.au)) or via Google Classroom.
- Document should include a cover page, page numbers, bibliography and should be formatted in a presentable manner.

Your diet plan will be assessed on the following criteria:

- The extent to which the plan meets the client's individual needs and preferences.
- The extent to which the plan meets the principles of healthy eating and the Australian Dietary Guidelines
- The accuracy and completeness of the plan, including serving sizes and total energy intake.
- The clarity and coherence of the plan, including the use of appropriate terminology and explanations.
- The overall presentation of the plan, including formatting and referencing of sources.

Teacher's signature:

\_\_\_\_\_

Miss R Wrightson

Head Teacher's signature:

\_\_\_\_\_

Miss A Nott

Deputy Principal's signature:

\_\_\_\_\_

Mrs A Lawrence



## MARKING CRITERIA

<ul style="list-style-type: none"> <li>• Plan is completed in a sophisticated manner. It includes all of the correct guidelines, recommended dietary intake, and serving sizes for the intended client.</li> <li>• Weekly plan is detailed, including all correct and appropriate items consumed throughout the week. Serving sizes are included and accurately reflect dietary intake for the intended client.</li> <li>• The total energy intake is calculated correctly for each day of the week and accurately reflects consumed items throughout the day.</li> <li>• Explanation of plan is informed and accurately reflects the client's individual needs and preferences.</li> <li>• Accurate and informed additional recommendations and advice is given for the client, reflecting the clients age, sex, and activity levels.</li> </ul>	17-20
<ul style="list-style-type: none"> <li>• Plan is completed in a thorough manner. It includes correct guidelines, recommended dietary intake, and serving sizes for the intended client.</li> <li>• Weekly plan is completed, including correct and appropriate items consumed throughout the week. Serving sizes are included and reflect dietary intake for the intended client.</li> <li>• The total energy intake is calculated for each day of the week and reflects consumed items throughout the day.</li> <li>• Explanation of plan reflects most of the client's individual needs and preferences.</li> <li>• Informed additional recommendations and advice is given for the client, reflecting the clients age, sex, and activity levels.</li> </ul>	13-16
<ul style="list-style-type: none"> <li>• Plan is completed in a sound manner. It includes most of the guidelines, recommended dietary intake, and serving sizes for the intended client.</li> <li>• Weekly plan is mostly completed, including items consumed throughout the week. Some serving sizes are included and reflect dietary intake for the intended client.</li> <li>• The total energy intake is calculated for each day of the week and reflects most of the consumed items throughout the day.</li> <li>• Explanation of plan reflects the key components of the client's individual needs and preferences.</li> <li>• Additional recommendations and advice is given for the client, reflecting the clients age, sex, and activity levels.</li> </ul>	9-12
<ul style="list-style-type: none"> <li>• Plan is completed in a basic manner. It includes some of the guidelines, recommended dietary intake, and/ or serving sizes for the intended client.</li> <li>• Weekly plan is completed in a basic manner, including some items consumed throughout the week. Some serving sizes may be included and may reflect dietary intake for the intended client.</li> <li>• The total energy intake is calculated for each day of the week and reflects some of the consumed items throughout the day.</li> <li>• Basic explanation of plan reflects some components of the client's individual needs and preferences.</li> <li>• Additional recommendations and advice may be given for the client, reflecting the clients age, sex, and activity levels.</li> </ul>	5-8

<ul style="list-style-type: none"> <li>Limited information is provided. It may include some of the guidelines, recommended dietary intake, and/ or serving sizes for the intended client.</li> <li>Weekly plan is incomplete. It may include some items consumed throughout the week. Some serving sizes may be included and may reflect dietary intake for the intended client.</li> <li>The total energy intake is not calculated for each day of the week.</li> <li>Limited explanation of plan reflects some components of the client's individual needs and preferences.</li> <li>Additional recommendations and advice may be given for the client, reflecting the clients age, sex, and activity levels.</li> </ul>	1-4
<ul style="list-style-type: none"> <li>Non serious attempt or not completed</li> </ul>	0

**Feedback:**

---



---



---



---



---

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Task Mark:	Task Rank:	Cumulative Rank:
/20		

## EXAMPLE LAYOUT

Identify the Australian Dietary Guidelines:

Recommended Dietary Intake for intended client:

Serving Sizes

- Vegetables -
- Fruit -
- Grain -
- Lean meat -
- Milk -
- Additional serves (discretionary foods) -

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast							
Lunch							
Dinner							
Snacks							
Total Energy Intake for the day (KJ)							

A brief explanation of how your plan meets the client's individual needs and preferences.

Any additional recommendations or advice for the client

**Bibliography (3 relevant sources – URLs)**