Assessment Task for Stage 4: Year 7

Subject: PDHPE

Task: Healthy Habits Exposition Speech

Assessment Task No.    Term 3 Week 5 2014
2

Assessment Date:

Assigned Theory Lesson

THIS ASSESSMENT TASK CAN BE FOUND ON THE COLLEGE WEBSITE UNDER THE LEARNING AND TEACHING TAB

Submission Instructions

- In the first theory lesson of Week 5 you will submit your 2-3 minute speech on the pro forma provided.
- During this theory lesson you are required to deliver your speech orally to a small peer group. You will be PEER ASSESSED by this group.
- If a student is absent, they must perform the speech during the next theory lesson and submit the proforma

- Submit the speech by handing to your teacher and signing a class list during your lesson on the due date.
- This cover sheet must be attached to the task.
- Penalty for late submission of an assessment task
  - Assessments submitted after the lesson on the due date will immediately receive a Thursday Workshop (2 hours) during which time the task will be completed and submitted, pending a note from parents explaining the absence.

PLEASE NOTE: THIS TASK WILL NOT BE ASSESSED BY YOUR TEACHER UNLESS YOU HAVE ASSESSED YOUR PERFORMANCE BY HIGHLIGHTING OR TICKING THE APPROPRIATE BOXES ON THE ATTACHED ASSESSMENT CRITERIA

Student Confirmation

By submitting the task for marking, I acknowledge the following:

1. The work submitted is my own work and appropriate acknowledgement of all sources has been made.
2. I am aware that the work may be submitted to plagiarism detection processes for the purpose of detecting possible plagiarism.
3. Where the work of others is used and not acknowledged, a finding of plagiarism will be made and I will have to resubmit the task.
4. I have a copy of this assessment if the original is lost or stolen.

Student’s signature: ___________________________ Date: ____________
TASK DETAILS

Description of the Task

Task: Healthy Habits Exposition

- Your Year coordinator has asked you to prepare a 2-3 minute speech to present at the next year 7 form meeting. The speech is to argue the following statement:

  ‘Healthy eating is important for adolescents’

- The task is an exposition, so you need to argue FOR the statement.

- In your Exposition you are to:

  1. **Explain** how a nutritious, balanced diet is important for children and adolescents. Include a range of reasons and examples. (150 words / Speech: approx 30 seconds)

  2. Choose three (3) types of foods from the list below. **Explain** the benefits of the 3 types of food for children and adolescents. Include examples and recommended servings. (150 words each / Speech: approx 90 seconds)
     - Grain Cereals (wholegrain, high cereal fibre varieties – breads, rice, pasta, noodles)
     - Vegetables, legumes/beans
     - Fruit
     - lean meats, poultry, fish, eggs, tofu, nuts and seeds
     - milks, yoghurts, cheese and/or alternatives
     - water

  3. **Propose** ways in which an adolescent can incorporate your three selected foods into their daily lifestyle. (150 words / Speech: approx 30 seconds)

  4. **Present** your speech to the class in the period allocated by your teacher

Note
Complete the exposition using the scaffold provided.

GLOSSARY TERMS:

**Explain**: Relate cause and effect, make a relationship between things and provide why and / or how

**Propose**: Put forward (for example a point of view, idea, argument, suggestion) for consideration or action

<table>
<thead>
<tr>
<th>Subject Specific Terms</th>
<th>Balanced</th>
<th>Healthy</th>
<th>Physical</th>
<th>Obese</th>
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<tr>
<td></td>
<td>Benefits</td>
<td>Lifestyle</td>
<td>Consequence</td>
<td>Emotional</td>
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Paragraph 1: Introduce the purpose of the speech and state your opinion on the topic - agree with the statement

________________________________________________________________________________________________

________________________________________________________________________________________________

Paragraph 2: Explain how a nutritious, balanced diet is important for children and adolescents. Include a range of reasons and examples.

________________________________________________________________________________________________

________________________________________________________________________________________________

Paragraph 3: Explain the benefits of one type of food (from the list in part 2) for children and adolescents. Include examples and recommended servings. TYPE OF FOOD: ______________________

________________________________________________________________________________________________

________________________________________________________________________________________________

Paragraph 4: Explain the benefits of another type of food (from the list in part 2) for children and adolescents. Include examples and recommended servings. TYPE OF FOOD: ______________________

________________________________________________________________________________________________

________________________________________________________________________________________________
Paragraph 5: **Explain** the benefits of another type of food (from the list in part 2) for children and adolescents. Include examples and recommended servings. **TYPE OF FOOD:** ______________________

_________________________________________________________________________________________________________

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Paragraph 6: **Propose** ways in which an adolescent can incorporate your three selected foods into their daily lifestyle.

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Paragraph 7: **Make final, concluding statements** to reinforce the opinions and ideas presented in your speech.

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_________________________________________________________________________________________________________
Marking Criteria / Self-Assessment

Student’s Name: ____________________ Year: 7 Course: PDHPE

Task Name: Healthy Habits Exposition Speech

Marking Criteria/Self-Assessment:

Through the completion of this assessment task, the student has demonstrated an ability to

<table>
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<td>EXCELLENT ACHIEVEMENT</td>
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Use at least one subject specific term with assistance.

Write some sentences on a topic with assistance

Write an exposition which presents, with assistance, arguments supporting the point of view

Identify reasons for having a nutritious, balanced diet for children and adolescents. Include an example

Identify some of the benefits of the nominated foods for children and adolescents. Include an example

Identify ways in which an adolescent can incorporate selected foods into their daily lifestyle

Deliver a presentation with basic use of voice (pace, volume, and expression), eye contact and body language (PEER ASSESSED)

FOR TEACHER USE ONLY

Teacher Comment/Feedback:

Teacher Name: ____________________ Final Grade/Mark: __________
Groups of 5 – 6

The person delivering the speech must be standing

Each student must deliver the speech to the rest of the group (the audience)

Audience members must be totally silent during the speech

At the completion of the speech, each audience member must tick the appropriate box that best describes the quality of the speech in their opinion

Each audience member must tick in a separate row

The audience provides feedback to the speech maker

**Things to consider when judging:**

- Did the person make eye contact? Did they read at an even pace? Was the tone of their voice interesting? Was the volume too high or low? Were they confident or nervous in appearance?

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Through the completion of this speech, the student has demonstrated an ability to

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