Assessment Task for Stage 4: Year 7

Subject: PDHPE  **

Task: Healthy Habits Exposition Speech

Assessment Task No. 2

Assessment Date: Term 3 Week 5 2014

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 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 a mark of zero awarded 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 : Healthy Habits Exposition

- Your Year coordinator has asked you to prepare a 1-2 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. **Outline** how a nutritious, balanced diet is important for children and adolescents. Include a range of reasons and examples (e.g.: for growth, development and correct body functioning) (100 words / Speech: approx 20 seconds)

  2. Choose three (3) types of foods from the list below. **Describe** the benefits of the 3 types of food for children and adolescents. Include examples and recommended servings. (75 words each / Speech: approx 40 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. **Outline** ways in which an adolescent can include your three selected foods into your daily lifestyle. (for example show how they could fit into your breakfast, lunch and dinner menus) (100 words / Speech: approx 20 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:**

**Outline:** Sketch in general terms; indicate the main features of

**Describe:** Provide characteristics and features of

<table>
<thead>
<tr>
<th>Subject Specific Terms</th>
<th>Balanced</th>
<th>Healthy</th>
<th>Physical</th>
<th>Obese</th>
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</thead>
<tbody>
<tr>
<td>Benefits</td>
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<td>Lifestyle</td>
<td>Consequence</td>
<td>Emotional</td>
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<td>Energy</td>
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</tbody>
</table>
Paragraph 1: Introduction
Healthy eating is important for adolescents because........

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

A healthy balanced diet for children and adolescents (teenagers) should include:

1. Fruit & Vegetables - Explain why

2. Breads and Cereals - Explain why

3. Dairy Foods – Explain why
Paragraph 3: Describe the benefits of one type of food for adolescents. Include examples and recommended servings.

**TYPE OF FOOD: FRUIT & VEGETABLES**

Adolescents should eat a variety of fruit and vegetables because they provide our body with

________________________________________________________________________________________________________

________________________________________________________________________________________________________

One example of a fruit that we should eat is ____________________. This fruit provides _______________________________

________________________________________________________________________________________________________.

One example of a vegetable that we should eat is _____________________. This vegetable provides ________________________

________________________________________________________________________________________________________.

It is recommended that adolescents should eat ____________________ servings of fruit and vegetable per day.

Paragraph 4: Describe the benefits of another type of food for adolescents. Include examples and recommended servings.

**TYPE OF FOOD: BREADS & CEREALS**

Adolescents should eat breads and cereals because they provide

________________________________________________________________________________________________________

________________________________________________________________________________________________________

One example of bread that we should eat is __________________________. This bread provides

________________________________________________________________________________________________________

that is used in our body to

________________________________________________________________________________________________________.

One example of a cereal that we should eat is __________________________. This cereal provides ______________________

________________________________________________________________________________________________________.

It is recommended that adolescents should eat ____________________ servings of breads and cereals per day.
Paragraph 5: Describe the benefits of another type of food for adolescents. Include examples and recommended servings.

TYPE OF FOOD: DAIRY FOODS

Adolescents should eat dairy foods because they provide

________________________________________________________________________________________________________
________________________________________________________________________________________________________

One example of a dairy food that we should eat is ______________________________. This provides

________________________________________________________________________________________________________

that is used in our body to _______________________________________________________________________

________________________________________________________________________________________________________.

Another example of a dairy food that we should eat is ______________________________. This provides

________________________________________________________________________________________________________

that is used in our body to _______________________________________________________________________

________________________________________________________________________________________________________.

It is recommended that adolescents should eat ____________________ servings of dairy per day.

Paragraph 6: Complete the healthy meal plan to show how the three foods can be included in your daily diet.
(scaffold on next page)

Paragraph 7: Conclusion

A healthy diet is important for developing adolescents because

________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
## Healthy Meal Plan

<table>
<thead>
<tr>
<th></th>
<th>Day 1</th>
<th>Day 2</th>
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</thead>
<tbody>
<tr>
<td>Breakfast</td>
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<tr>
<td>Recess</td>
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<tr>
<td>Lunch</td>
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<tr>
<td>Snacks</td>
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<tr>
<td>Dinner</td>
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<tr>
<td>Dessert</td>
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</tbody>
</table>
### 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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<th>D</th>
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<tbody>
<tr>
<td><strong>ELEMENTARY</strong></td>
<td><strong>SATISFACTORY</strong></td>
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<td><strong>ACHIEVEMENT</strong></td>
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<tr>
<td>Use at least one subject specific term with assistance.</td>
<td>Use at least one subject specific term.</td>
<td>Use some subject specific terminology correctly.</td>
<td>Use most subject specific terminology correctly.</td>
<td>Use subject specific terminology consistently and correctly.</td>
</tr>
<tr>
<td>Write some sentences on a topic with assistance.</td>
<td>Write a paragraph within a text which has a topic sentence and one other sentence providing supporting detail.</td>
<td>Write some paragraphs within a text which have a topic sentence and one other sentence providing supporting detail.</td>
<td>Write some paragraphs within a text which have a topic sentence and more than one other accurately structured sentence providing supporting detail.</td>
<td>Write paragraphs within a text which consistently have a topic sentence and several accurately structured sentences providing supporting detail.</td>
</tr>
<tr>
<td>Write an exposition which presents, with assistance, arguments supporting the point of view.</td>
<td>Write an exposition which presents arguments about the issue, based on evidence, that support the point of view.</td>
<td>Write an exposition which presents arguments about the issue, based on accurate evidence, that support the point of view.</td>
<td>Write an exposition which presents arguments about the issue, based on detailed and accurate evidence, that support the point of view.</td>
<td>Write an exposition which presents arguments about the issue, based on detailed and accurate evidence, that support the point of view.</td>
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<tr>
<td>Identify reasons for having a nutritious, balanced diet for children and adolescents. Include an example.</td>
<td>Identify some reasons for having a nutritious, balanced diet for children and adolescents.</td>
<td>Identify a range of reasons for having a nutritious, balanced diet for children and adolescents including some examples.</td>
<td>Outline the importance of a nutritious, balanced diet for children and adolescents including some reasons and examples.</td>
<td>Outline the importance of a nutritious, balanced diet for children and adolescents including a range of reasons and examples.</td>
</tr>
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<td>Identify some of the benefits of the nominated foods for children and adolescents. Include an example.</td>
<td>Outline some of the benefits of the nominated foods for children and adolescents. Include an example and recommended servings.</td>
<td>Outline the benefits of the nominated foods for children and adolescents. Include some examples and recommended servings.</td>
<td>Describe some of the benefits of the nominated foods for children and adolescents. Include examples and recommended servings.</td>
<td>Describe a range of benefits of the nominated foods for children and adolescents. Include examples and recommended servings.</td>
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<td>Identify ways in which an adolescent can incorporate selected foods into their daily lifestyle.</td>
<td>Outline one way in which an adolescent can incorporate selected foods into their daily lifestyle.</td>
<td>Outline some ways in which an adolescent can incorporate the selected foods into their daily lifestyle.</td>
<td>Outline a variety of ways in which an adolescent can incorporate the selected foods into their daily lifestyle.</td>
<td>Outline a variety of ways in which an adolescent can incorporate the selected foods into their daily lifestyle with accurate examples.</td>
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<td>Deliver a presentation with basic use of voice (pace, volume, and expression), eye contact and body language.</td>
<td>Deliver a presentation with satisfactory use of voice (pace, volume, and expression), eye contact and body language.</td>
<td>Deliver a presentation with sound use of voice (pace, volume, and expression), eye contact and body language.</td>
<td>Deliver a presentation with effective use of voice (pace, volume, and expression), eye contact and body language.</td>
<td>Deliver a presentation with highly effective and engaging use of voice (pace, volume, and expression), eye contact and body language.</td>
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**FOR TEACHER USE ONLY**

**Teacher Comment/Feedback:**

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

Teacher Name: ________________________________  
Final Grade/Mark: _____
PEER ASSESSMENT INSTRUCTION SHEET

- 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:


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

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