Assessment Task for Stage 4: Year 7

Subject: PDHPE - Life Skills

Task: Healthy Habits Meal Plan

Assessment Task No. 2
Due 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 Daily Meal Plan ON THE SHEET PROVIDED.

Outcomes

LS.12 - makes healthy nutritional choices.

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

This is all my own work. I have not plagiarised the work of others.

Student’s signature: ____________________________ Date: ____________
1. **Description of the Task**

**Topic: Healthy Habits**

- You will be required to design a healthy meal plan for 2 days.

**Including: Breakfast, Recess, Lunch, Snacks, Dinner, Dessert and Drinks**

Note: When planning your meals you need to follow the *Dietary guidelines for Children and Adolescents in Australia*. (shown below)

- Eat plenty of vegetables, legumes and fruit.
- Eat plenty of cereals (including breads, rice, pasta and noodles) preferably wholegrain.
- Include lean meat, fish poultry and/or alternatives in your diet
- Include milks, yoghurts, cheese and/or alternatives in their diet
- Choose water as a drink
- Consume only moderate amounts of sugars and foods containing added sugars.
- Limit saturated fat and moderate total fat intake.
- **Complete the meal plan using the scaffold provided.**
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