Student’s Name: ____________________________________

Teacher’s Name: ____________________________________

Assessment Task for Stage 4: Year 8

Subject: PD.H.PE – Life Skills

Topic: Health Matters – Website Review

<table>
<thead>
<tr>
<th>Assessment Task No.</th>
<th>2</th>
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</thead>
<tbody>
<tr>
<td>Due Date:</td>
<td>Term 3 Week 8 2014</td>
</tr>
<tr>
<td></td>
<td>Assigned Theory Lesson</td>
</tr>
</tbody>
</table>

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

Submission Instructions

- This task will be completed in class on the due date.
- You have 4 weeks to prepare using the guidelines on the following pages.
- Submit the task 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.

Lifeskills Outcomes

LS.12 - makes healthy nutritional choices

LS.25 - engages in practices that promote health and safety

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 DETAILS**

**Topic: Health Matters**

Review the following health website that could help Year 8 students at the school.

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Foundation</td>
<td><a href="http://www.heartfoundation.org.au">http://www.heartfoundation.org.au</a></td>
</tr>
</tbody>
</table>

**Description**

- Describe the information on the website.
- Outline how it would be useful for a year 8 student.
- Create a healthy meal suitable for lunch.

- This task is to be submitted on the scaffold provided.
Text-type: Review Scaffold  
Purpose: to review a health website that could help Year 8 students

Description of the website
- Watch the video about Bobby and describe his story. (Who is Bobby and What happened to him?)

- Choose one information page and write three (3) important facts. (E.g. Click on a the tab ‘Healthy Eating’ then click on ‘What is healthy weight?’ and read the information)

- Outline how the information would be useful for a year 8 student. (Give examples when you could use this information)
Create a healthy meal suitable for lunch

Name of meal/dish: ____________________________

Ingredients:
• ____________________________________________
• ____________________________________________
• ____________________________________________
• ____________________________________________
• ____________________________________________
• ____________________________________________
• ____________________________________________

Drink: ______________________________________

Fruit: ________________________________________

Draw a picture of your meal