



Chester Hill High School

Strength in Unity, Excellence in Education

Year 7 Assessment Task PDHPE

Course:	PDHPE	Year:	7
Topic:	BEING HEALTHY		
Assessment Name:	Nutrition Task		
DATE DUE:		Total Mark	
STUDENT NAME:			
Progress Check FEEDBACK	<input type="checkbox"/> Find four different food labels <input type="checkbox"/> Complete Section One (1) <input type="checkbox"/> Make sure calculations for daily energy requirements are correct <input type="checkbox"/> Provide reasons for section five (5)		
Progress Check Date:		Marks	

I certify that

- This assignment is my own work, based on my personal study and/or research.
- I have **acknowledged all material and sources used in the preparation** of this assignment in a **reference list**.
- Submitted assignments based on group work are not the same as other students' work.
- I have not plagiarised (copied) in part, or in whole the work of other students.
- I have read and I understand the success criteria used for this assessment
- **I have kept a copy of my assignment and the receipt.**
- I understand that a copy of my assignment may be kept and used to make comparisons with other assignments in the future.

Student's Signature: Date:

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Assessment Task Student Receipt

(This receipt should be kept as proof of assessment submission)

FAMILY NAME:	GIVEN NAME:
TEACHER:	CLASS:
DATE DUE:	DATE SUBMITTED:
TITLE OF TASK:	TEACHER'S SIGNATURE:

Task Information

Important idea(s) being explored:	<p>With the plethora of fast foods and convenience foods becoming more readily available and easily accessible by young Australians, it is crucial we have a good understanding of our energy requirements and the nutritional value of these foods. By having this knowledge we are better able to control our food intake and lower the risk of suffering from lifestyle diseases and illnesses.</p> <p>How do we interpret the terminology and jargon used on packaging and food labels to make healthy decisions concerning our diet and nutritional needs?</p>
Skills, Knowledge and understanding being demonstrated:	<ul style="list-style-type: none"> • Selects appropriate food labels • Critically analyses information • Research skills
Task Requirements:	<ul style="list-style-type: none"> • Students will collect four (4) food labels and analyse their nutritional value. • Students will research their daily energy requirements and the relationship that it has with their daily food intake. • Students will explore the claims made by food product labels. <ol style="list-style-type: none"> 1. Students must find food and beverage products with detailed nutritional information labels. 2. Students will use the Internet to calculate their daily energy requirements. 3. Students will research the claims made by food labels. 4. Students will research symbols found on food labels.
Syllabus Outcomes:	<p>PD4-7 Investigates health practices, behaviours and resources to promote health, safety, wellbeing and physically active communities</p> <p>PD4-8 Plans for and participates in activities that encourage health and a lifetime of physical activity</p> <p>PD4-9 demonstrates self-management skills to effectively manage complex situations</p>

Feedback from student about task:

I spent _____ hours working on this task.

The hardest part of this task was _____

The easiest was _____

What I have enjoyed most about learning in *PDHPE* is _____

Learning in *PDHPE* could be improved if:

Dear teacher, I need help in the following areas:

Success Criteria

Elements	Specific Criteria	Mark /Grade				
Understands the big idea(s)	Understands the concepts of nutrients, energy, and the daily intake guide.					
	Identifies the key characteristics of food labels and the nutritional information panel					
	Compares recommended daily intake to chosen food labels					
	Describes the most common claims made by food manufacturers					
	Explains the meaning of symbols on food packaging					
Literacy / Numeracy skills assessed	Uses appropriate language and layout (report)					
	Calculates daily intake					
	Checks spelling and grammar.					
	Uses visual aids effectively (diagrams/ charts/ pictures etc.)					
Processes	Gathers accurate information					
	Engages in valid research using guide questions					
	Locates relevant information from a variety of sources					
	Completes accurate and well-researched assignment					
Demonstrates Skills Knowledge Understanding	PD4-7 Investigates health practices, behaviours and resources to promote health, safety, wellbeing and physically active communities					
	PD4-8 Plans for and participates in activities that encourage health and a lifetime of physical activity					
	PD4-9 demonstrates self-management skills to effectively manage complex situations					

SECTION ONE (20 marks)

NAME _____

Answer the following questions for each food label **in the table below** (1 mark each)

- 1- What is the name of the product?
- 2- What is the net weight (total) of the product?
- 3- What is the energy (kilojoule) value of the product (kj) per serving?
- 4- What are the first four ingredients listed in the product?
- 5- What food group does this product belong to?

QUESTION	PRODUCT 1 BREAKFAST LABEL	PRODUCT 2 LUNCH LABEL	PRODUCT 3 DINNER LABEL	PRODUCT 4 DRINK LABEL
1.Name				
2. Net weight				
3.Energy value (kj's)				
4.First 4 ingredients				
5.What food group does this product belong to?				

SECTION TWO (5 marks)

NAME _____

Go to <http://www.eatforhealth.gov.au/node/add/calculator-energy> and calculate your RDI (recommended daily intake).

Answer the following questions.

- 1- Using the website calculate Jeff's daily energy requirements.
 - He is 12 years old boy
 - He weighs 50 kgs (kilograms)
 - He only participates in physical activity at school and is not active after school (Mostly sedentary work)
 - Jeff's daily energy requirements are _____ Kjs

- 3- Using the website calculate your daily energy requirements _____ Kjs

- 4- Calculate total kjs for all four products you collected. (1 mark for total)

PRODUCT 1: Breakfast label	PRODUCT 2: Lunch label	PRODUCT 3: Dinner label	PRODUCT 4: Drink label	TOTAL KJ Add them all together
Kjs	Kjs	Kjs	Kjs	Kjs

- 5- If you continue to exceed (go over) your recommended daily intake (RDI) of kilojoules (Kjs) what are the potential long-term effects? (2 marks)

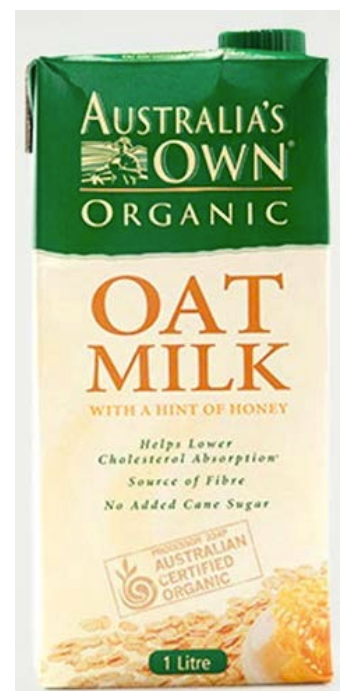
SECTION THREE (4 marks)

NAME _____

Research the claims made by these food products **Claim 1:** If a product is labelled **REDUCED FAT** what does that mean? (2 marks)



Claim 2: If a product is labelled **ORGANIC** what does that mean? (2 marks)



SECTION FOUR (7 Marks)

NAME _____

Describe (provide features of the subject) what is meant by the following symbols found on some food labels:

The Glycemic Index (GI) Symbol (2 mark)



The National Heart Foundation tick symbol (2 mark)



SECTION FIVE - Challenge question (3 marks)

Analyse which of your food labels indicates it is the healthiest and why. Provide three reasons:

FEEDBACK from Teacher:

Completion of assessment during allocated class time. Excellent Moderate Limited

Teacher Signature		Mark	
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