

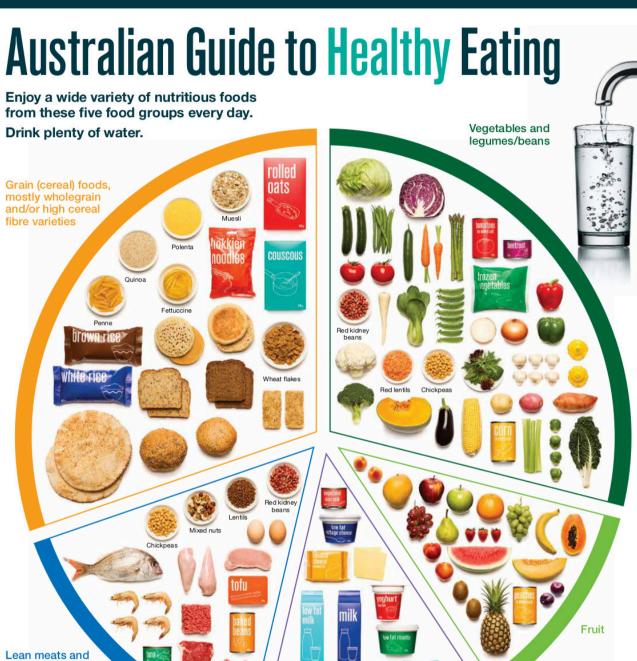
WELLINGTON HIGH SCHOOL STAGE 6 EXPLORING EARLY CHILDHOOD ASSESSMENT TASK No2 NOTIFICATION

Subject	Teacher	Date Issued	Due Date	
Year 12 Exploring Early	Miss. Woods	15/02/2024	28/03/2024	
Childhood	IVIISS. VVOOUS	15/02/2024	28/03/2024	

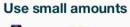
Type of Task	Food Pamphlet				
Topic / Module	Food and Nutrition				
Weighting	20%				
Outcomes	 1.3 Examines the nature of different periods in childhood – infant, toddler, pre-school and the early years. 1.4 analyses the ways in which family, community and culture influence the growth and development of young children. 6.1 Demonstrates an understanding of decision-making process. 6.2 Critically examines all issues including beliefs and values that may influence interactions with others. 				
Task Description	The local pre-school conducts a healthy food policy for the children at the preschool. Some of the mothers have found it difficult to put variety into their child's lunch boxes during the three days the children attend pre-school. Your task is to develop a 'Food pamphlet' that suggests a variety of nutritious foods that can be included in the lunch box of a pre-school child over a period of 2 weeks, that is 6 days (3 snacks and 3 lunch options). The foods you recommend will need to be easy to prepare and readily available, they can be purchased or home prepared, but most important of all they must be nutritious. As well as the food pamphlet you will need to include: 1. A summary of why a healthy food program is important for the pre-school child. Include: • Why it is important for children to start healthy eating habits from a young age. • Benefits of eating healthy, nutritious foods. • What effects does lots of high sugar food have on children? Especially if they aren't balancing this out with nutritious foods.				

	2. On the Health Pyramid provided indicate how your choice of foods relates to the Australian Guide to Healthy eating (healthy food plate).			
	Include:			
	What foods you have chosen, and which section of the plate they fit into			
	(children should be eating more from the larger sections of the plate).			
	 Serving amounts and recommendations (how much of each food children should have). 			
	3. Packing suggestions to keep the food attractive and fresh.			
	Include:			
	 How you will pack each of your 6 food items, eg. wrapped, naked, container. 			
	NOTE:			
	 Be aware that you will need to suggest food and drink for morning tea and lunch. 			
	 Make your 'food pamphlet' attractive – one that would catch a mother's eye. 			
	Keep your layout simple, and easy to read.			
	Include a bibliography of the resources you use.			
	<u> </u>			
How you will be assessed?	See detailed marking rubric on the following page.			
Submission Details	To be completed and submitted to Miss. Woods by 3.05pm on 28/03/2024.			
	10 be completed and submitted to wilss. woods by 5.05pm on 28/03/2024.			
Feedback				





drink



poultry, fish, eggs, tofu, nuts and seeds and legumes/beans





Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

Marking Criteria

Marking Criteria		Possible Mark	My Result
★ Demonstrates and excellent knowledge of the foods suitable for the particular needs of a pre-school child for packed lunches with reference to the Dietary pyramid and recommended dietary Guidelines.	А	17- 20	
 Recommends foods that are suitable for preparation/inclusion with an excellent understanding of the pressures and resources of contemporary society. Presents the food pamphlet in a user friendly format and 			
includes comprehensive summary of the need for a balanced diet for a pre-school child.			
★ Demonstrates a good knowledge of the foods suitable for the particular needs of a pre-school child for packed lunches with reference to the Dietary pyramid and recommended dietary Guidelines.	В	13- 16	
Suggests foods that are suitable for preparation/inclusion with a good understanding of the pressures and resources of contemporary society.			
Presents the food pamphlet in a user friendly format and includes a good summary of the need for a balanced diet for a pre-school child.			
★ Demonstrates a satisfactory knowledge of the foods suitable for the particular needs of a pre-school child for packed lunches with reference to the Dietary pyramid and recommended dietary Guidelines.	С	9- 12	
Suggests foods for preparation/inclusion with a satisfactory understanding of the pressures and resources of contemporary society.			
Presents the food pamphlet in a user friendly format and includes a satisfactory summary of the need for a balanced diet for a pre-school child.			
★ Demonstrates a basic knowledge of the foods suitable for the particular needs of a pre-school child for packed lunches with reference to the Dietary pyramid and recommended dietary Guidelines.	D	5- 8	
 Suggests foods for preparation/inclusion with a basic understanding of the pressures and resources of contemporary society. Presents the food pamphlet . 			
Demonstrates a limited knowledge of the foods suitable for the particular needs of a pre-school child for packed lunches with reference to the Dietary pyramid and recommended dietary Guidelines.	E	0- 4	
 Suggests some foods for preparation/inclusion with a limited understanding of the pressures and resources of contemporary society. Presents the food pamphlet . 			