



WELLINGTON HIGH SCHOOL
STAGE 6 EXPLORING EARLY CHILDHOOD
ASSESSMENT TASK N^{o2} NOTIFICATION

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

Type of Task	Food Pamphlet
Topic / Module	Food and Nutrition
Weighting	20%
Outcomes	<p>1.3 Examines the nature of different periods in childhood – infant, toddler, pre-school and the early years.</p> <p>1.4 analyses the ways in which family, community and culture influence the growth and development of young children.</p> <p>6.1 Demonstrates an understanding of decision-making process.</p> <p>6.2 Critically examines all issues including beliefs and values that may influence interactions with others.</p>
Task Description	<p>The local pre-school conducts a healthy food policy for the children at the pre-school. 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.</p> <p>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).</p> <p>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.</p> <p>As well as the food pamphlet you will need to include:</p> <ol style="list-style-type: none">1. A summary of why a healthy food program is important for the pre-school child. <p>Include:</p> <ul style="list-style-type: none">• 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.

	<p>2. On the Health Pyramid provided indicate how your choice of foods relates to the Australian Guide to Healthy eating (healthy food plate).</p> <p>Include:</p> <ul style="list-style-type: none"> • 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). <p>3. Packing suggestions to keep the food attractive and fresh.</p> <p>Include:</p> <ul style="list-style-type: none"> • How you will pack each of your 6 food items, eg. wrapped, naked, container. <p>NOTE:</p> <ul style="list-style-type: none"> • 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.
<p>How you will be assessed?</p>	<p>See detailed marking rubric on the following page.</p>
<p>Submission Details</p>	<p>To be completed and submitted to Miss. Woods by 3.05pm on 28/03/2024.</p>
<p>Feedback</p>	



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



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



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



Fruit



Use small amounts



Only sometimes and in small amounts



Marking Criteria

Marking Criteria	Band	Possible Mark	My Result
<ul style="list-style-type: none"> ★ 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. ★ 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. 	A	17- 20	
<ul style="list-style-type: none"> ★ 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. ★ 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. 	B	13- 16	
<ul style="list-style-type: none"> ★ 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. ★ 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. 	C	9- 12	
<ul style="list-style-type: none"> ★ 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. ★ Suggests foods for preparation/inclusion with a basic understanding of the pressures and resources of contemporary society. ★ Presents the food pamphlet . 	D	5- 8	
<ul style="list-style-type: none"> ★ 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. ★ Suggests some foods for preparation/inclusion with a limited understanding of the pressures and resources of contemporary society. ★ Presents the food pamphlet . 	E	0- 4	