

4D2 PEH Assessment – Nutrition Plating Resource

Your context this term in Coast this Term has been Toanga but in Health we have gone our own route and looked at Nutrition.

In Health, we have looked at various Nutrition Resources that help people make good food decisions. We have learned about food pyramids and why they are an important resource. We have looked at the different parts of food, what is in common foods, energy balances and portion sizes. This assessment will focus on portion sizes and your ability to determine how your resource can support someone's well-being.

This assessment will take place entirely in class over the next few weeks. Do not complete any of it at home.

For this assessment you will be making your own plating resource that can be used by future students to learn about portion sizes. You will also need to explain how your resource (plate) can help someone enhance their own well-being.

1.) Create a dinner plate

For this, you will be provided with an actual paper plate. You will need to create a meal that covers all the food groups and is correctly portioned. This will be your community resource teaching portion size so it needs to be detailed and well done (looks good).

2.) Answer the following questions showing your understanding of how such a resource helps well-being.

- How might your resource (plate) be used in 3 years by Year 7 students at MHJC and/or health teachers?
- What is your resource helping students learn?
- How does your resource contribute to their well-being? (connect to physical, mental/emotional, and social)

Check points:

- 1.) Dinner plate draft in your book (Week 6)
- 2.) Dinner plate created on paper plate (Week 7 and handed in)
- 3.) Rough draft of your answers, each checked before moving to next (Week 8/9)
- 4.) Printed and glued answers to back of your plate and handed in again with name (Week 10 - due date)

Assessment Due Date: Monday 5 July (7C2) or Tuesday 6 July (7C1)

	Working Towards	Achieved	Merit	Excellence
<p>Development of Community Resource</p> <p>Community Resources and Well-being</p>	<p>You have:</p> <ul style="list-style-type: none"> • yet to create a community resource that shows correct portion sizes for an individual your age • begun to identify how community resources contribute to healthy communities. 	<p>You have:</p> <ul style="list-style-type: none"> • created a community resource that attempts to show correct portion sizes for an individual your age • described how community resources support and enhance community well-being. 	<p>You have:</p> <ul style="list-style-type: none"> • created a community resource that shows correct portion sizes for an individual your age • accessed community resources and begun to describe how these contribute to community well-being. • completed your assessment by the due date 	<p>You have:</p> <ul style="list-style-type: none"> • created a detailed community resource that shows correct portion sizes for an individual your age • accessed community resources and described how these support community well-being. • completed your assessment by the due date