



Task Number	1	Task Name	Healthy Meal and Practical Activities
Course	SLR	Faculty	PDHPE
Teacher	Mr Everson and Mr Presland	Head Teacher	Mr Eakin
Issue date	22/11/2024 (Friday)	Due date	6/12/2024 (Friday)
Focus (Topic)	Healthy Lifestyles	Task Weighting	25%

Outcomes

- 1.5 critically analyses the factors affecting lifestyle balance and their impact on health status
- 2.3 selects and participates in physical activities that meet individual needs, interests and abilities
- 3.5 analyses personal health practices
- 4.3 makes strategic plans to overcome the barriers to personal and community health

Task description

- a. 25 marks – Students are to prepare ONE healthy meal for either breakfast, lunch or dinner. Students need to take a photo/s of the ingredients before cooking and a photo/s of their meal once cooked. You may select from the list below or discuss with your teacher if you wish to prepare a different meal. Students may substitute meat options with vegan/vegetarian options depending on dietary requirements.
Suggestions:
Breakfast - Scrambled eggs on toast, Granola with fruit, omelette with filling of choice
Lunch - Sandwich/wrap with meat of choice and salad, salad with meat or protein of choice, Soup of your choice.
Dinner- Spaghetti bolognese, steak and veggies, meat or bean burrito with salad.
- b. 25 marks – Students are to participate in teacher and peer-led physical activities. Up until the due date, students have had the opportunity to participate in physical activities that have been both peer and teacher-led, to demonstrate a range of health and skill-related components of futsal and cricket.

Marking guidelines:

- analyse the relationship between nutrition, exercise and energy balance
- participate confidently in a range of physical activities
- select activities suited to individual needs, interest and lifestyle
- evaluate nutritional practices in relation to current Australian dietary guidelines

**Year 12 SLR Assessment Task
HEALTHY LIFESTYLES**

Student name: _____

Total: _____/50

Marking Criteria Part A

<ul style="list-style-type: none">- All ingredients are present, fresh, and well-organized.- The photo of the ingredients is clear and well-composed.- A clear photo of the cooking process is included.- Thoughtful selection of healthy ingredients; meets nutritional guidelines.- Clearly explains any substitutions or dietary considerations.	<p>A 21-25 Outstanding</p>
<ul style="list-style-type: none">- Most ingredients are present and well-organized.- The photo of the ingredients is clear but may lack detail.- A photo of the cooking process is included.- Good selection of ingredients; meets most nutritional guidelines.- Some explanation of substitutions or dietary considerations.	<p>B 16-20 High</p>
<ul style="list-style-type: none">- Ingredients are present but may be unorganized or not fresh.- The photo of the ingredients is acceptable but lacks clarity.- Basic selection of ingredients; may not fully meet nutritional guidelines.- Limited explanation of substitutions or dietary considerations.	<p>C 11-15 Sound</p>
<ul style="list-style-type: none">- Some ingredients are missing or poorly organized.- The photo of the ingredients is unclear or poorly composed- Limited selection of healthy ingredients; does not meet nutritional guidelines.	<p>D 6-10 Basic</p>
<ul style="list-style-type: none">- Ingredients are missing or not suitable for the task.- A photo of the ingredients is missing.- No healthy ingredient choices made; fails to meet nutritional guidelines.	<p>E 0-5 Limited</p>

Part B

Participation - 12 Marks	Marks	Skill - 13 Marks	Mark
<ul style="list-style-type: none"> Consistent participation in all practical lessons 	A 10-12 Outstanding	<ul style="list-style-type: none"> Demonstrating outstanding levels of health and skill related components of fitness specific to futsal and cricket. 	A 10-13 Outstanding
<ul style="list-style-type: none"> Consistent participation in most practical lessons 	B 7-9 High	<ul style="list-style-type: none"> Demonstrating high levels of health and skill related components of fitness specific to futsal and cricket. 	B 7-9 High
<ul style="list-style-type: none"> Student often participates in practical lessons 	C 4-6 Sound	<ul style="list-style-type: none"> Demonstrating satisfactory levels of health and skill related components of fitness specific to futsal and cricket. 	C 4-6 Sound
<ul style="list-style-type: none"> Inconsistent participation in practical lessons 	D 2-3 Basic	<ul style="list-style-type: none"> Demonstrating basic levels of health and skill related components of fitness specific to futsal and cricket. 	D 2-3 Basic
<ul style="list-style-type: none"> Low participation in practical lessons 	E 0-1 Limited	<ul style="list-style-type: none"> Demonstrating limited levels of health and skill related components of fitness specific to futsal and cricket. 	E 0-1 Limited

PART A - Healthy Meal

name of meal:

photo of ingredients:

Photo/s of finished meal: