Food and you, Foundation

Summative assessment

Task specifications

In this assessment task students draw on their learning from the unit to design a heathy lunchbox based on the [Australian Guide to Healthy Eating](https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating).

Implementation instructions

Ask students to design a healthy lunchbox based on foods from the five food groups of the Australian Guide to Healthy Eating. Using the template at [Appendix A](#AppendixA), students:

* develop and describe criteria to select the foods for inclusion in the healthy lunchbox
* identify the equipment needed to prepare the foods
* identify how their designed lunchbox contributes to a healthy diet.

The template at Appendix A allows students to draw, write or say their responses.

Required materials

* Healthy lunchbox design template at Appendix A
* Assessment rubric

Assessment

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| **Relevant elements of the achievement standards** | | | |
| **Design and Technologies\*** | | | |
|  |  |  | By the end of Level 2, students:   * identify the features and uses of some technologies for the prescribed technologies contexts [Food specialisations] * describe given needs or opportunities. |
| **Health and Physical Education\*** | | | |
|  | By the end of Foundation, students:   * identify actions that help them be healthy, safe and physically active. |  | By the end of Level 2, students:   * examine messages related to health decisions and describe how to help keep themselves and others healthy, safe and physically active. |

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| **Assessment rubric** | | | | |
| **Organising element** | **Performance descriptions** | | | |
| When progressing towards Foundation Level, students can: | At Foundation Level, students can: | When progressing towards Level 2, students can: | At Level 2, students can: |
| Healthy lunchbox criteria |  |  | Identify the criteria used to select foods for the healthy lunchbox. | Describe the criteria used to select foods for the healthy lunchbox. |
| Equipment needed to produce a healthy lunchbox |  |  | With guidance, identify the equipment needed to produce the healthy lunchbox. | Identify the equipment needed to produce the healthy lunchbox. |
| Contribution of designed lunchbox to a healthy diet. | Identify foods from the five food groups. | Refer to the notion of ‘always’ and/or ‘sometimes’ foods when explaining the basis of a healthy diet. | Identify the health benefits of eating foods classified as ‘always’ foods. | Identify key nutritional features of the designed lunchbox. |

\*The first achievement standard for Design and Technologies is provided at Level 2. For Health and Physical Education, the first achievement standard is provided at Foundation Level.

Appendix A: Healthy lunchbox design

**1.** Why I selected this food (draw, say or write)

**3.** Equipment I need   
(draw, say or write)

**2.** My healthy lunchbox items (draw)

**4.** This lunchbox helps me eat a healthy diet because …