

# FOOD AND NUTRITION Level 3

## Common Assessment Task

### Work Requirements:

N/A

### Assessment Type:

Short response

### Criteria being assessed:

- Criterion 1 - all elements.
- Criterion 2 - elements 1, 2, 3 and 5.
- Criterion 7 - elements 1, 2 and 3.

### Note:

Criterion 3: all elements - may also be assessed through this task but will not be a focus for moderation, therefore it is assumed for the purpose of this task that planning has been undertaken prior to commencing the common assessment task.

### Suggested conditions:

- This task should take learners 2.5 hours in total for the creation of the response.
- This task requires an individual response by each learner.

---

### Task Description:

You will write choose a context and respond to questions on health promotion strategies in Australia.

Health promotion enables people to increase control and improve their health and the social and environmental conditions that determine their health. This is a growing and evolving field, reflecting the importance placed on developing a sustainable health system into the future. Health promotion recognises the root causes of illness and disease and addresses these at an individual, community and population-wide level.

To respond to the task, you must:

- Use the suggested formatting to present your nutrition-related promotion evaluation.
- Show that you have researched widely to analyse your chosen strategy.
- Include in-text referencing and a reference list showing all the resources that you have used. Use the Harvard System of referencing. You may refer to websites such as <https://www.citethisforme.com/harvard/source-type>

## What you need to do:

You will choose one context to write a short response to the questions on health promotion strategies in Australia.

1. Choose one context from the list below:

- Stephanie Alexander Kitchen Garden Program
- Health Star Rating System
- FoodSwitch (mobile app)
- Traffic Lights (School Canteen Policy)
- The Fruit & Vegetable Consortium.

2. Considering your chosen context, answer these questions:

a) What health promotion strategies are used in Australia today?

b) Evaluate one existing nutrition-related health promotion strategy. You will do this by:

- outlining the promotion strategy.
- describing the nutrition principles which form the basis of the campaign.
- Explaining:
  - three advantages of this strategy
  - three limitations of this strategy
  - suggestions could be made to improve the strategy

(Source: Adapted and made available for copying and communication by Department of Education, the Government of Tasmania for its educational purposes with the permission of F Crocker.)

### Teacher use only - What needs to be submitted for assessment?

Learners respond to the questions in a separate document, clearly identifying each question number they are responding to.