**The Australian Guide to   
Healthy Eating**

**Task:** To investigate one food group from the Australian Guide to Healthy Eating and create a presentation and to educate a small group on healthy choices that can be made day to day.

My Food Group is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Your presentation must include the following:**

* What’s in the group?
* How much should an adolescent eat from this group?
* What ways that you can prepare and eat the foods from this group?
* What are the health benefits of this food group?
* Create a small guide to give to members from your presentation group that helps them to make healthy choices in relation to your food group.
* Include an activity that is interactive to help your audience understand your topic.

**Achievement Standards**

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|  | **WA** | **AE** | **E** | **BE** |
| Plan and use health practices, behaviours and resources to enhance health, safety and wellbeing of their communities (ACPPS077) *HPE* | | | | |
| **Investigation** | purposeful investigation of strategies and practices that enhance their own and others’ health and wellbeing | effective investigation of strategies and practices that enhance their own and others’ health and wellbeing | investigation of strategies and practices that enhance their own and others’ health and wellbeing | partial investigation of strategies and practices that enhance their own and others’ health and wellbeing |
| Use project management processes when working individually and collaboratively to coordinate production of designed solutions (ACTDEP039) | | | | |
| **Collaboration** | Student was able to collaboratively work with others throughout the whole task and share tasks evenly | Student was able to mostly collaboratively work with others throughout the whole task, student did mostly their share. | Student was able to sometimes collaboratively work with others, and completed some tasks throughout. | Student attempted to work with others some of the time. |
| Generate, develop, test and communicate design ideas, plans and processes for various audiences using appropriate technical terms and technologies including graphical representation techniques (ACTDEP036) | | | | |
| **Presentation** | Presentation is comprehensively designed and creatively produced. | Presentation is effectively designed and produced demonstrating some creative thinking. | Presentation has been created. | Presentation has been attempted |