



YEAR 10 CHILD STUDIES

FOOD AND NUTRITION

Due Date: Tuesday 11 June 2019 Week 7 @ 3:30pm	Assessment Name: Food & Nutrition Assignment
Mark: x/45	Weighting: 30 %

SYLLABUS OUTCOMES TO BE ASSESSED:

- 1.2 **describes** the factors that affect the health and wellbeing of the child
- 1.3 **analyses** the evolution of childhood experiences and parenting roles over time
- 2.1 **plans** and implements engaging activities when educating and caring for young people within a safe environment
- 3.3 **analyses** the interrelated factors that contribute to creating a supportive environment for optimal child development and wellbeing

DIRECTIVES TO BE ASSESSED:

- Describe - Provide characteristics and features
- Plan - a detailed proposal for doing or achieving something
- Analyse - Identify components and the relationship between them; draw out and relate implications

TASK DESCRIPTION:

You are to **plan** a children's 5th birthday party. All aspects of the party should be considered, including invitation, food, decorations and games. The guest list has been provided and there are some people attending who have different food needs. Finally, you will need to answer questions provided to **analyse** interrelated factors that contribute to creating a supportive environment at the party, to **analyse** the evolution of childhood experiences at birthday parties over the past few decades and to **describe** how specific food needs can affect the health and wellbeing of a child.

You should come up with a theme for your party that flows through all parts of the assessment task.

Part A – Invitation (5 marks)

Design an invitation that will be sent to all the children and family members on the guest list

Part B – Decorations (5 marks)

Put together a collage of decorations that will be used at the children's party

Part C – Menu (10 marks)

Design a menu for the children's party. You must take into account the guest list as they have specific food needs.

Part D – Games (5 marks)

Describe two games that will be played at the party.

Part E – Questions (20 marks)

- **ASSESSMENT CRITERIA – STUDENT CHECKLIST:**

You will be assessed on your ability to:

- Have you chosen a theme for your party? (make sure this theme runs throughout all parts below)

Part A – Does your invitation have the following?

- Address of the party
- Who's party it is
- When the party is
- RSVP date
- Theme

- Space to write who is invited
- Is it visually appealing?

Part B – Decorations

- Does my collage fill up one A4 piece of paper with pictures of all decorations used at the party e.g. plates, napkins, banners, tablecloths, table pieces, party bags etc.
- Is there no white space on the piece of paper?

Part C – Menu

- Have you looked at the guest list and noted the special food requirements?
- Have you listed a selection of foods that include sweet, savoury and drinks?
- Are your foods easy to eat at a party e.g. finger food?

Part D – Games

- Have you described two games that will be played at your party e.g. how to play, what equipment would be needed, how the winner(s) is decided

Part E – Questions

- Have you answered all questions to the best of your ability?

MARKING GUIDELINES

Part A Guideline	Mark/Grade
- Outstanding planning of engaging activities when caring for children within a safe environment by producing an invitation to be handed out to guests of the party. The invitation has ALL of the following: address, name of child, date of party, RSVP date, theme, space to write who is invited and is visually pleasing	5
- High planning of engaging activities when caring for children within a safe environment by producing an invitation to be handed out to guests of the party. The invitation has ALL of the following: address, name of child, date of party, RSVP date, theme and space to write who is invited	4
- Sound planning of engaging activities when caring for children within a safe environment by producing an invitation to be handed out to guests of the party. The invitation has MOST of the following: address, name of child, date of party, RSVP date, theme and space to write who is invited	3
- Basic planning of engaging activities when caring for children within a safe environment by producing an invitation to be handed out to guests of the party. The invitation has SOME of the following: address, name of child, date of party, RSVP date, theme and space to write who is invited	2
- Limited Sound planning of engaging activities when caring for children within a safe environment by producing an invitation to be handed out to guests of the party	1
- Section not attempted	0
Part B Guideline	
- Outstanding planning of engaging activities when caring for children within a safe environment by producing a collage of decorations that would be used at the party. The collage has no white spaces and the pictures are consistent with the theme	5
- Sound planning of engaging activities when caring for children within a safe environment by producing a collage of decorations that would be used at the party. The collage has some white spaces and the pictures are mostly consistent with the theme	3-4
- Basic planning of engaging activities when caring for children within a safe environment by producing a collage of decorations that would be used at the party. The collage has lots white spaces and the pictures are somewhat consistent with the theme	2
- Limited planning of engaging activities when caring for children within a safe environment by producing some pictures of decorations that would be used at the party	1
- Section not attempted	0

Part C – Menu	Marks
- Outstanding description of the factors that affect the health and wellbeing of the child by producing a menu that meets ALL special food requirements of the guest list. The menu includes detailed descriptions of ALL the special food requirements, their impact on the child and explains which foods are appropriate for these guests	9-10
- High description of the factors that affect the health and wellbeing of the child by producing a menu that meets ALL special food requirements of the guest list. The menu includes descriptions of ALL the special food requirements and explains which foods are appropriate for these guests	7-8
- Sound description of the factors that affect the health and wellbeing of the child by producing a menu that meets MOST special food requirements of the guest list. The menu includes descriptions of MOST of the special food requirements AND/OR explains which foods are appropriate for these guests	5-6
- Basic description of the factors that affect the health and wellbeing of the child by producing a menu that meets SOME special food requirements of the guest list. The menu includes descriptions of SOME of the special food requirements AND/OR explains which foods are appropriate for these guests	3-4
- Limited description of the factors that affect the health and wellbeing of the child by producing a basic menu that has no clear links to the guest list	1-2
- Section not attempted	0
Part D – Games	Marks
- Outstanding planning of engaging activities when caring for children within a safe environment by describing TWO games that will be played at the party including a detailed description of how the game is played, detailed list of equipment and detailed explanation of how the winner(s) is chosen	5
- High planning of engaging activities when caring for children within a safe environment by describing TWO games that will be played at the party including a description of how the game is played, list of equipment and an explanation of how the winner(s) is chosen	4
- Sound planning of engaging activities when caring for children within a safe environment by describing TWO games that will be played at the party including a description of how the game is played AND/OR list of equipment AND/OR an explanation of how the winner(s) is chosen	3
OR	
- Sound planning of engaging activities when caring for children within a safe environment by describing ONE game that will be played at the party including a detailed description of how the game is played, detailed list of equipment and detailed explanation of how the winner(s) is chosen	
- Basic planning of engaging activities when caring for children within a safe environment by describing one game that will be played at the party including a description of how the game is played AND/OR list of equipment AND/OR an explanation of how the winner(s) is chosen	2
- Limited planning of engaging activities when caring for children within a safe environment by describing game(s) that will be played at the party	1
- Section not attempted	0

Part E Guideline	Correct Answers
<ul style="list-style-type: none"> - Outstanding description of the factors that affect the health and wellbeing of the child - Outstanding analysis of the evolution of childhood experiences and parenting roles over time - Outstanding analysis of the interrelated factors that contribute to creating a supportive environment for optimal child development and wellbeing 	17-20
<ul style="list-style-type: none"> - High description of the factors that affect the health and wellbeing of the child - High analysis of the evolution of childhood experiences and parenting roles over time - High analysis of the interrelated factors that contribute to creating a supportive environment for optimal child development and wellbeing 	13-16
<ul style="list-style-type: none"> - Sound description of the factors that affect the health and wellbeing of the child - Sound analysis of the evolution of childhood experiences and parenting roles over time - Sound analysis of the interrelated factors that contribute to creating a supportive environment for optimal child development and wellbeing 	9-12
<ul style="list-style-type: none"> - Basic description of the factors that affect the health and wellbeing of the child - Basic analysis of the evolution of childhood experiences and parenting roles over time - Basic analysis of the interrelated factors that contribute to creating a supportive environment for optimal child development and wellbeing 	5-8
<ul style="list-style-type: none"> - Limited description of the factors that affect the health and wellbeing of the child - Limited analysis of the evolution of childhood experiences and parenting roles over time - Limited analysis of the interrelated factors that contribute to creating a supportive environment for optimal child development and wellbeing 	1-4
<ul style="list-style-type: none"> - Section not attempted 	0

GUESTLIST

Family

Aunty Jill
Uncle George
Grandma Rose
Grandpa Phil
Cousin Stacey (Vegetarian)

Friends

Jessica
Ebony
Mitchell
Lucy (Coeliac Disease)
Daniel (Anaphylactic to Peanuts)
Lily
Ross
Stephanie (Lactose Intolerant)
Robert
Richard
Rebecca

PART E – QUESTIONS

1. What is a Vegetarian? (1 mark)

2. How have you catered for Cousin Stacey in your menu? (1 mark)

3. What is Coeliac Disease? (1 mark)

4. How have you catered for Lucy in your menu? (1 mark)

5. What is anaphylaxis? (1 mark)

6. How have you catered for Daniel in your menu? (1 mark)

7. What is lactose intolerance? (1 mark)

8. How do you cater for Stephanie in your menu? (1 mark)

9. How might Cousin Stacey's health and/or wellbeing be affected if she consumes meat? (1 mark)

10. If Lucy eats gluten, how could her health/wellbeing be affected? (1 mark)

11. If Daniel eats peanuts, how could his health/wellbeing be affected? (1 mark)

12. If Stephanie eats something with lactose, how could her health/wellbeing be affected? (1 mark)

13. What is physical wellbeing? (1 mark)

14. How might a birthday party contribute to supporting a child's physical wellbeing? (1 mark)

15. What is social wellbeing? (1 mark)

16. How might a birthday party contribute to supporting a child's social wellbeing? (1 mark)

Read the following article then answer the questions that follow:

The Evolution of Kids' Birthday Parties

By Leah Rocketto

My childhood birthday parties were, for the most part, simple affairs. With the exception of a McDonalds party and paint-your-own pottery party for the milestone years, my birthdays were acknowledged with pizza, cake, and a few close friends running around my backyard. It wasn't fancy, but it was definitely fun. Nowadays, that type of party would not fly with many playgroup mums. Every aspect of the party, from the invitations to the party bags, has to look like it was taken right off a Pinterest board. It's enough to drive many mums crazy and make them dread what's supposed to be a special day. Maybe, mums, it's time we brought birthday parties back to their low-key roots. Not sure how? Here is a look at birthday parties then and now. Which one sounds more appealing to your inner party planner?

Invitations



Back in the day, mums picked up a pack or two of themed cards and filled in the important information.

Nowadays, mums slave over Shutterfly to create their own invitations.



Decorations



A "Happy Birthday" banner and a few balloons were enough to set the mood.



If mums aren't spending hundreds of dollars on Etsy, they're spending hours on Pinterest trying to find the perfect printable for their party

Snacks



Pizza on a plate, chips in a bowl, and veggies on a platter pleased tiny partygoers for years.

Not only is the food more elaborate at today's parties (personalized Panini anyone?), but so is the way parents display it.



Check your assessment booklet for the PHS Assessment Policy

Activities



Sure it was nice to have a piñata or Pin the Tail on the Donkey, but most times kids had no trouble playing a round or two of tag.



Whether they set up an arts and crafts station or hire an entertainer, mums make sure there is plenty for kids to do during those two hours.

Cake



A simple sheet cake with the appropriate number of candles was the perfect way to end a party.



Between the multiple tiers and fondant accents, today's birthday desserts rival some wedding cakes.

Party Bags



Guests appreciated a paper bag filled with candy and tiny toys.



Custom t-shirts. Full-sized toys. Craft kits. These days, guests leave with favours that are almost as nice as the birthday gifts.

17. What does the author think are the main differences between parties from the 80s and 90s to now? (2 marks)

18. Explain how children's birthday parties now might affect parenting roles compared to the 80s and 90s (2 marks)
