



Food & Drink
EXPERIENCE

YEAR 8

Food for Sport Sample Assessment

Health and Physical Education Assessment Task

Summary of task

Students examine the nutritional requirements of adolescents who play sport. They plan food and drink choices before, during and after sport, and justify their plan.

Content relevant to this task

Health Education

Being healthy, safe and active

- Skills and strategies to promote physical and mental health, safety and wellbeing in various environments, such as: making informed choices

Personal, social and community health

- Contributing to healthy and active communities
- Health promotion activities which target relevant health issues for young people and ways to prevent them

Key words

Carbohydrates, protein, fat, saturated fat, sodium

Suggested time allocation

Individual work for 60 min with online research access

“Student achievement is reported at the end of the semester or year using the letter grades and achievement descriptors. Letter grades and achievement descriptors should only be used to describe student achievement for the purpose of reporting.” [SCSA](#)



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PARTNER



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Year 8 EXPERIENCE Food for Sport Sam's Sporting Plan

Student name: _____

Marking key	
Questions 1 Research the nutritional needs of adolescent athletes	Marks
Explains, in detail, the health needs of adolescent athletes using relevant examples	3
Describes the health needs of adolescent athletes using suitable examples	2
States the health needs of adolescent athletes	1
Subtotal	/3
Questions 2 Find suitable food and drinks sources for each of the nutrients.	Marks
Explains, in detail, the health needs of adolescent athletes using relevant examples	3
Describes the health needs of adolescent athletes using suitable examples	2
States the health needs of adolescent athletes	1
Subtotal	/3
Questions 3 Designs a food and drink plan	Marks
Comprehensive, well-balanced plan with healthy and nutritious choices	3
Suitable plan with healthy and nutritious choices	2
Brief plan with limited choices	1
Subtotal	/3
Question 4 Explains why these meet nutritional needs	Marks
Provides clear and specific reasons for plan, using relevant examples	6
Provides sound reasons for plan using suitable examples	4
Provides brief reasons for plan	2
Subtotal	/3
Total	/12

Year 8 EXPERIENCE Food for Sport Sam's Sporting Plan



Sam is an adolescent athlete who needs the energy and hydration to play and recover well. Develop an eating plan to optimize Sam's health and wellbeing.

These resources may help to answer the following questions:

- <https://www.fueltogo.com.au/wp-content/uploads/2022/05/Fuel-for-sport.pdf>
- <https://www.fueltogo.com.au/wp-content/uploads/2022/04/Fuelling-for-best-performance-active-juniors.pdf>
- <https://www.sportsdietitians.com.au/factsheets/children/nutrition-for-the-adolescent-athlete/>
- <https://www.sportsdietitians.com.au/section/food-for-your-sport/>

1. Research the nutritional needs of adolescent athletes.
2. Find suitable food and drinks sources for each of the nutrients.

Nutrients:	1. Why do athletes need this? How much and/or what kind is needed?	2. Which foods and drinks best provide this nutrient?
Carbohydrates		
Protein		
Fats		
Sodium		
Vitamins and minerals		
Water		

3. Design an example of a food and drink plan for Sam.

Before	During	After

4. Explain how and why this plan will help Sam.

Additional resources:

<http://www.nutritionaustralia.org/national/resource/sports-nutrition>

<http://www.nutritionaustralia.org/national/resource/pre-event-meal>

<https://www.betterhealth.vic.gov.au/health/HealthyLiving/sporting-performance-and-food>

<https://www.betterhealth.vic.gov.au/health/HealthyLiving/food-for-sport-tucker-talk-tips>

