# AssESSMENT Submission Coversheet

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| Course Title: | NQ Intro to Fitness, Health & Exercise |
| Unit Title:  | Nutrition, Health & Wellbeing |
| Unit Code:  | F40G 11 |
| Learning Outcome: | 1 |
| Word Count: (Assignments only) |  |
| Student Name:  |  |
| Student ID Number: |  |
| Date of Submission: |  |
| Lecturer’s Name: |  |
| Work which is submitted for assessment must be your own. All students should note that the college has a formal policy on plagiarism which can be found in your course information pack. Assignments should include the following; Copy of the Assignment Question, Contents Page, Introduction, Relevant Content, Summary / Conclusion, Appendices, Citations and Reference page, Bibliography. |
| Student’s Signature:(Type name for electronic submissions) |  |

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| **Official Use Only** |
| **RESULT** | PASS / RE-SIT / FAIL (delete as appropriate) |
| Supportive Comments  |
| Assessors signature: |  |
| Date: |  |

## Outcome 1 Identify the key elements of nutrition in relation to a healthy, balanced diet.

**Assessment 2**

* Identify the current information on what makes a balanced diet and complete the following menu card for a minimum of three days. Should include all food groups and associated nutrients.

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|  | Veg, salad & fruit |  | Wholemeal cereals and breads, rice, pasta |
|  | Meat, poultry, eggs, beans & nuts |  | Milk, yoghurt & cheese |
|  | Fats, spreads & oils. |  | Foods or drinks high in fat, salt or sugar |

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| **Menu card 1** |
|  | Insert details of meal in this column | Insert colour coded circles in this column that relates to food groups in your meal |
| **Breakfast** |  |  |
| **Lunch** |  |  |
| **Dinner** |  |   |
| **Additional information****(including snacks)** |  |  |

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| --- |
| **Menu card 2** |
|  | Insert details of meal in this column | Insert colour coded circles in this column that relates to food groups in your meal |
| **Breakfast** |  |  |
| **Lunch** |  |  |
| **Dinner** |  |   |
| **Additional information****(including snacks)** |  |  |

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| --- |
| **Menu card 3** |
|  | Insert details of meal in this column | Insert colour coded circles in this column that relates to food groups in your meal |
| **Breakfast** |  |  |
| **Lunch** |  |  |
| **Dinner** |  |   |
| **Additional information****(including snacks)** |  |  |