

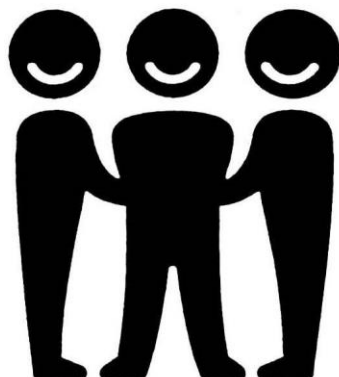
Physical Education 20



Activity



Benefits Health



Cooperation



Do it Daily...For Life!

Assignment Booklet Nutrition

PED
Physical Education 20
Assignment Booklet 5
ISBN 1-894894-45-6

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Instructions for Submitting Assignment Booklets

1. Submit Assignment Booklets regularly for marking.
2. **Submit only one Assignment Booklet at one time.** This allows your Marker to provide helpful comments that you can apply to subsequent course work and exams (if applicable).
3. **Check the following** before submitting each Assignment Booklet:
 - Are all assignments complete?
 - Have you edited your work to ensure accuracy of information and details?
 - Have you proofread your work to ensure correct grammar, spelling, and punctuation?
 - Did you complete the Assignment Booklet cover and attach the correct label?

Online

Your Assignment Booklets may be submitted through the online D2L Dropbox. If you need help using the Dropbox feature, please go to www.adlc.ca for further instructions, or contact your Lead Teacher or Marker for help.

Fax

Assignment Booklets may be faxed to Alberta Distance Learning Centre: **780-674-6977**
All faxing costs are the responsibility of the sender.

E-mail

Assignments may be e-mailed as attachments to the usual e-mail message to your Marker. Submit all assignments of any one Assignment Booklet at one time, ensuring that all activities are clearly labelled.

Your **document** must be in Microsoft Word, Rich Text Format (RTF), or PDF format.

Your **e-mail message** must include the following information:

Subject: Student Name / Course Name
Message: Your Full Name
Your Student File Number
Course Name
Assignment Booklet Number

EXAMPLE
Subject: John Doe/PED To: My DET@adlc.ca Re: Assignment Booklet Submission John Doe Student File No. 1234567 Physical Education 20 Assignment Booklet 1

Three day Excursion Nutrition Project

Research

Read through the resource below prior to planning your 3 day nutrition.

1. Research basic nutrition information specific to athletes or being active. A great guide, regardless of the activity you partake in is the [IAAF Nutrition for Athletes Guide](#) (for track and field athlete).

ASSIGNMENT (Individual or group):

Individually or in groups of up to 4 people, you will create a presentation of the planning for a 3 day excursion. Your presentation will include:

1. Create an itinerary of a 3 day excursion. Be sure to include the expected number of hours of physical activity (from walking/hiking to specific activities like rafting/rock climbing)
2. Detail what types of food items you can bring. Cover topics like whether you have access to refrigeration or any weight limitations of carrying food in backpacks.
3. Create a balanced menu for the entire 3-day excursion. Be sure to include 3 meals per day and multiple snacks. **Your meals for each day need to be unique.**
4. A compiled shopping list of all food items needed for the entire 3 day period.
5. Cook at least one of the meals. Be sure to take photographs of all members participating in the cooking of the meal.

This Project may be done in groups of 2- 4 people (please email intention of working in a group to your ADLC/VV teacher, include all group member names in your email).

*If working in a group, submit one assignment with all student names (first and last names).

Parameters of Assignment

Your presentation must include:

- Menu for all 3 days
- Excursion itinerary which outlines all meal times and activities start times and duration.
- Details about the types of food that can be brought on excursion.
- Time of Day for all meals and all snacks

- List of ingredients needed (shopping list)
- Preparation (pictures)
 - Include time needed to prepare the meal, as well ensuring all group members participate in the cooking of the meal.
- Pictures of the cooked meal prior to eating

**remember that you need to take pictures of meal preparation and finished meals.

Physical Education 20 – Nutritional Health Marking Summary

Assignment Booklet	Possible Marks (100)	Assessment
<p>A. Video or PowerPoint Presentation - Meal Planning</p> <p>This project demonstrates:</p> <ul style="list-style-type: none"> • 3 day menu plan /30 • Itinerary/trip description /15 • Defines energy needed for activities /10 • Types of food (easily carried) /5 • List of ingredients (for whole project) /5 • Preparation of meal /10 • Time of day for components /5 • Quality of Nutritional components (meets parameters from research articles) /10 • Overall effect/creativity /5 • Organization /5 		
Total		