

SISFFIT052 Provide healthy eating information

Practical Assessment

Task 1 (Written Report – Minimum 300 words per client)

Provide healthy eating information from the Australian national dietary guidelines to three (3) clients and include information about:

- the five food groups and their recommended proportional daily intakes
- discretionary foods that should be eaten only sometimes and in small amounts

According to actual client interactions or case studies:

- Identify three (3) situations outside scope of own practice for providing nutrition advice for each above situation:
- advise client why their nutrition needs are outside scope of own role
- provide information about the type of medical or allied health professional with relevant expertise.

Assessment Submission:

Written Component – email to admin@globalfitness.edu.au

(Please ensure your name is on the document, or in the saved file name)

Practical Component:

This can be assessed in person (by appointment only) with your Tutor.

Or if submitting via video – upload to the following link

<https://drive.google.com/drive/folders/1WOKzFCq209YKHVybsvDyen4VWu6KT3Zw?usp=sharing>