

# SISFFIT053 - Support healthy eating for individual fitness clients

## Practical Assessment

### Task 1 – Dietary Monitoring and Recommendations (Written task)

Support healthy eating for **three (3) fitness clients** and for each of the three clients:

- identify daily eating patterns
- compare daily eating patterns with the recommendations of Australian national dietary guidelines

Assist these clients with change to achieve healthier eating patterns using national dietary guidelines and associated resources, and:

- provide information about daily patterns of healthy eating and recommended proportions of the five food groups
- provide examples of healthy meals and snacks
- provide information about healthy ways to prepare and cook food
- educate clients about how to interpret nutrition information on food labels
- consistently use client-centred communication during all interactions
- maintain accurate records of client goals and advice provided
- seek and evaluate feedback from clients and consider ways to improve own practice

### Task 2 – Client Referral to Allied Health Professional (written task)

Respond to **two (2) clients** seeking advice or services outside scope of own practice for providing nutrition advice, and for each client:

- advise client as to why their nutrition needs are outside scope of own role
- provide information about the appropriate type of medical or allied health professional with relevant expertise who can assist or advise them
- write a referral that provides clear information about the client and the reasons for referral.

### Assessment Submission:

Written Component – email to [admin@globalfitness.edu.au](mailto: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>