



WELSH BACCALAUREATE National (Post-16)

Community Challenge Health and Social Care Social/Welfare - Healthy Eating



Available for assessment from September 2015

Healthy Eating

PURPOSE

The purpose of the Community Challenge is to develop learners' skills, whilst encouraging learners to identify, develop and participate in opportunities that will benefit the community. During the Community Challenge learners will explicitly develop skills of **Planning and Organisation** and **Personal Effectiveness** and apply them in an appropriate manner.

BRIEF

We all have a social responsibility and should be aware of the challenges and opportunities we may meet on a personal level in our local community: the local area, the nearest village, town or city. During this Challenge you will focus on real-life concerns of healthy eating through activities which aim to make a difference in the community. You will need to consider whether you need to develop and extend your skills, knowledge and understanding to be able to successfully meet the needs of the Challenge.



The food and drink provided in schools can make a positive contribution towards giving children and young people a healthy balanced diet and encouraging them to develop good eating habits for life.

You have been asked to work with the pupils and canteen staff at a local primary school to create a two week healthy eating menu. This will involve you as an individual or as a member of a team (3 – 6 members) devising, developing and preparing a suitable menu for a period of two weeks. You must actively participate over at least 10 hours. You should take into consideration all the Government Nutritional Guidelines. Your aim is to encourage young people to be aware of the benefits of good eating habits and nutritionally balanced meals. You should show how you have used the skills, knowledge and understanding gained on your learning programme to complete this challenge.

Remember you will need to consider:

- What skills are required to complete this task?
- What skills need to be developed in order to complete this task?
- Time available
- Health and safety issues
- Support and guidance required
- Impact on the school community

This Challenge will enable you to develop as effective and responsible members of your local community. In completing the Community Challenge you will be able to recognise the contributions you can make towards improving the community in which you live and the benefits this will have for yourself, for others and for the environment. You will demonstrate how you can create and manage an action plan when developing opportunities for the community and with the use of feedback can reflect and review your personal performance in planning and carrying out the activity.