



# WELSH BACCALAUREATE National (Post-16)

**Community Challenge**  
Colegau Cymru  
Creative Industries –  
Promoting healthy eating



**Available for assessment from September 2015**

# Promoting 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 and needs 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.



In a team (3-6 members) or individually you are required to plan activities on **Healthy Eating** suitable for a group in your local community such as your local primary school, a community group or another college department. You must actively participate over at least 10 hours by running a series of activities that aim to educate participants on the **importance and benefits of healthy eating**. You are expected to make use of the skills, knowledge and understanding gained on your **Creative Industries** course, to identify, develop and implement various activities. You will also need to consider how you will evaluate the success of these activities and its impact on the chosen 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.