

SISFFIT005 Provide healthy eating information



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ASSESSMENT FOR SISFFIT005

Student name	
Date of assessment submission	Click here to enter a date.
Trainer/Assessor's name	
Date of assessment marking	Click here to enter a date.
Outcome for units	☐ Competent ☐ Not Yet Competent

TASK INSTRUCTIONS

- The assessment for these units of competency consists of the following:
 - **Quiz:** You are required to complete a series of multiple choice questions to demonstrate your knowledge and skills.
 - **Short answer activities:** You are required to provide short written responses to a series of activities to demonstrate your knowledge and skills.
 - **Case studies:** You are required to provide written responses to a series of case study scenarios to demonstrate your knowledge and skills.
 - **Practical task:** You will be required to put your knowledge and skills into practice, through observed tasks and work experience.
- At times, you will be provided with a specific context to which you must respond, otherwise it is anticipated that you will use a scenario of your choosing to provide context to the task.

QUIZ

QUESTIONS	CORRECT
1. The six (6) essential nutrients can be classified as... ☒ Carbohydrates, Fats, Proteins, Vitamins, Minerals, Water ☐ Water, Meat, Vegetables, Breads, Grains, Fats ☐ Fruit, Vegetables, Proteins, Water, Carbohydrates, Fluids ☐ Carbohydrates, Fats, Proteins, Fibre, Minerals, Milk	☐
2. Generally, where does the main source of energy from food come from? ☐ Fats ☒ Carbohydrates ☐ Oxygen ☐ Protein	☐
3. What is the basic daily percentage requirements for carbohydrates? ☐ 10-15% ☐ 33% ☐ 20-35% ☒ 45-65%	☐
4. What does GI stand for? ☒ Glycaemic Index ☐ Glycaemic Indicator ☐ Glyogen Index ☐ Glycolytic Indication	☐
5. 15% to 25% of kilojoules consumed in a balanced diet should come from... ☐ Vitamins and minerals ☐ Water ☐ Fats ☒ Protein	☐
6. What are considered the building blocks of life? ☐ Carbohydrates ☒ Proteins ☐ Fluids ☐ All of the above	☐

7. Which of the following does calcium play a role in? ☐ Bone strength ☐ Blood clotting ☐ CNS transmissions ☒ All of the above	☐
8. Bone strength can be affected by... ☐ High levels of physical activity ☐ Excessive protein intake ☐ Low sodium diet ☒ None of the above	☐
9. What is 1 kcal is equivalent to? ☒ 4.184 kJ ☐ 5.233 kJ ☐ 3.123 kJ ☐ 6.001 kJ	☐
10. How many kilojoules are provided by 1g of fat? ☐ 39 kJ ☐ 17 kJ ☐ 16 kJ ☒ 37 kJ	☐

Outcome for Quiz	☐ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	

SHORT ANSWER ACTIVITIES

ACTIVITY 1

Briefly describe what is outlined in the Australian government's *Dietary Guidelines for Australian Adults*.

Brief description

Using the best research available providing information related to:

Promoting health and wellbeing
 Reducing the risk and impact of diet related illness and conditions
 Reduce chronic disease impact and risk
 Using the healthy plate system to identify how much of each food group to consume.
 Large amounts of grains, fruits and veg
 Less/moderate amounts of meats, fats, fruits
 Large amounts of water consumed regularly
 Small amounts of sometimes foods like junk food and spray vegetable oils

Outcome for Activity 1

- ☐ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

ACTIVITY 2

Respond to the following questions about metabolism:

- a) Provide a definition of metabolism.
- b) Explain the role of metabolism in body composition and muscle contraction.

Definition

The physical and chemical processes of food digestion for energy for the body.

Role of metabolism

Dictates the amount of energy your body burns while undertaking basic bodily functions. Those with metabolic problems may burn kilojoules at a less than satisfactory level, resulting in storage of excess body fat. Muscle function is reliant on energy delivery through chemical processes.

Outcome for Activity 2

- ☐ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

ACTIVITY 3

Diabetes is a disease which affects people of all ages throughout Australia.

- a) Describe the difference between Type 1 and Type 2 diabetes.
- b) Explain how nutrition plays a role in the symptoms and treatment of diabetes.

Differences between types

Type 1 – Body eliminates cells that release insulin, normally genetic, hypoglycaemia is common, unavoidable.

Type 2 – Body isn't able to use insulin effectively, normally controllable or avoidable through diet and lifestyle.

Role of nutrition in symptoms and treatment

Diet and nutrition choices allow person to achieve and maintain near normal blood glucose goals.

Achieves and/or maintains optimal blood lipid levels.

Achieves and/or maintains normal blood pressure.

Prevent, delay or treat **nutrition** related complications.

Outcome for Activity 3

- ☐ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

ACTIVITY 4

Many clients look to their trainer for advice on nutrition.

- a) How much advice should a trainer give on nutrition?
- b) Where else can clients look for nutrition advice?

Trainer advice

A Certificate III trainer should only give basic information, matching to the areas covered in their own studies like the government guidelines. Should they wish to give further advice they would need to undertake further studies.

Other advice sources

Reliable websites (e.g. government guidelines)

Nutritionists and dieticians

People with nutrition qualifications

Outcome for Activity 4

- ☐ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

ACTIVITY 5

Glycaemic Index is a classification system for foods.

- a) Describe the purpose of the Glycaemic Index.
- b) Explain the basis for how foods are rated.

Purpose

The glycaemic index gives the consumer an indication of the absorption rate of food, indicating how quickly the food is turned into glucose.

How foods are rated

Foods are rated based on their carbohydrate content, generally those with higher sugar are easier to digest and turn into glucose. As such, they are considered high GI foods.

Outcome for Activity 5

- ☐ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

ACTIVITY 6

Respond to the following questions about lactose intolerance:

- a) Provide a definition of lactose intolerance.
- b) Identify foods to avoid to prevent gastrointestinal discomfort.

Definition

The inability to digest **lactose**. The most common symptoms of **lactose intolerance** are diarrhea, bloating, and gas.

Foods to avoid

Dairy foods containing lactase, sugar, milk, cream etc.

Outcome for Activity 6

- ☐ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

ACTIVITY 7

Water plays a key role in nutrition for all humans. What are its key uses in the body?

Key uses of water

Regulation of body temperature

Circulation and distribution of nutrients

Aids digestion

Regulation of bodily functions

Outcome for Activity 7

☐ Satisfactory

☐ Not satisfactory

Trainer/Assessor comments

ACTIVITY 8

Irritable Bowel Syndrome is a highly publicised illness.

- a) What are its effects on the body?
- b) What treatments are available for sufferers of Irritable Bowel Syndrome?

Effects on body

Cramping, bloating, gas, abdominal pain, diarrhoea, constipation, nausea.

Treatments

Elimination of some foods, fibre supplements, medications.

Outcome for Activity 8

- ☐ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

ACTIVITY 9

Observation of religious practices can have an effect on training.

- a) What are some training considerations for a client undertaking Ramadan?
- b) Describe your role, as a trainer, in guiding a person who still wants to train during this month of fasting.

Training considerations

They will not be consuming calories during the sun up period of the day, they will consume all nutrients for the day during sundown.

Guiding clients

Talking to the client about their personal feelings, trying to train in times that match their energy intake periods.

Avoiding planning sessions around times that the person either may feel the effects of no food, or may plan to eat.

Outcome for Activity 9

- ☐ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

ACTIVITY 10

Body image is an area that affects people of all ages. In what ways can you, as a trainer, assist in the promotion of healthy body image for the following parties:

- a) Your clients.
- b) All people in the fitness industry.

Clients

Discussing their needs and wants

Discussing reasonable goals for body changes

Discussing individuality and not becoming focused on others

Supporting the clients through good and bad

Promoting balance and not crash dieting

Fitness industry

Trying to be a positive role model

Model safe and healthy eating practices

Being supportive to all others

Try to honestly discuss where you agree and disagree with some methods

Outcome for Activity 10

☐ Satisfactory

☐ Not satisfactory

Trainer/Assessor comments

ACTIVITY 11

The role of social media has had a large impact on people's use of fad diets, supplements and performance enhancers.

- a) What advice would you give to a client with regards to these issues?
- b) Who would you refer clients to talk to before using/undertaking any of these nutritional avenues, in order to ensure their safety?

Advice

Most fad diets are not effective in the long term. Many can be dangerous as they do not give the person an adequate amount of nutrients. Every individual is different so copying someone who has a different lifestyle or attitude towards physical activity and supplementation can be risky.

Referral for advice

A nutritionist or dietician (or at least someone with a higher nutritional education than Certificate III).

Outcome for Activity 11

- ☐ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

ACTIVITY 12

Find one (1) scholarly article discussing the benefits of diet on mood and mental health. Summarise the findings of this article in 100-200 words.

Role of food in mental health

Assessor's discretion

Outcome for Activity 12

- ☐ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

CASE STUDIES

CASE STUDY 1

Observe your eating habits for two (2) days.

- a) Complete a food diary for the two (2) days. Take note of the kilojoules consumed and major nutrients ingested.
- b) In 300 words, discuss your daily food intake
 - Examine the key nutrients and discuss the benefits and negatives of the foods you consumed.
 - Identify four (4) changes you can make to your diet to better meet your recommended daily nutritional needs.
 - Should you believe you do not need to make any changes, identify four (4) pieces of nutritional advice you would give to a client to improve their eating.

Respond to the following questions:

- c) What societal and cultural beliefs and activities have an impact on people's food choices?
- d) Discuss the role of essential nutrients in digestion and regular muscle and body function.

DAY 1

Meals	Food consumed	Kilojoules	Major nutrients
Breakfast	Variable, depending on student response (Assessor's discretion)		
Lunch			
Dinner			
Snacks			

DAY 2			
Meals	Food consumed	Kilojoules	Major nutrients
Breakfast	Variable, depending on student response (Assessor's discretion)		
Lunch			
Dinner			
Snacks			

Your daily food intake
Variable, depending on student response (Assessor's discretion)

Societal and cultural beliefs
Role of essential nutrients

Outcome for Case Study 1	☐ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	

CASE STUDY 2

Michael has joined your gym after training at another facility for six (6) months. Michael has expressed frustration at his inability to lose body fat and gain lean muscle mass. He wants to make significant changes over the next six (6) months.

Michael is lifting weights from a program he found on the internet, and he is following advice that he has read online. Michael is interested in following the Paleo diet to help him lose body fat.

Respond to the following points:

- a) Recommend methods to help lost body fat, increase lean muscle mass and improve general wellbeing.
- b) Describe the way body systems react to nutrients in food and use them for energy.
- c) Identify ways to improve Michael's current body satisfaction.
- d) Flag issues with internet forums and advice suggested online.
- e) List the best places and people to go to for nutritional and training advice.
- f) Discuss fad diets and the benefits/positives of the Paleo diet.
- g) Explain the consequences of poor nutrition with regards to chronic diseases.
- h) Develop a program of exercises and training methods to help Michael meet his goals of fat loss and hypertrophy.

	Response
a)	Assessor's discretion
b)	Assessor's discretion
c)	Assessor's discretion
d)	Assessor's discretion
e)	Assessor's discretion
f)	Assessor's discretion
g)	Assessor's discretion

h)	Assessor's discretion
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Outcome for Case Study 2	☐ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	

PRACTICAL TASK

You are required to have a suitable observer verify your ability to complete the following tasks. These tasks may be simulated or real.

TASKS	VERIFIED
A. Over a period of at least two (2) hours, you are to provide five (5) clients with information on healthy eating relating to the maintenance of health and prevention of chronic disease. Each client has special needs (i.e. specific dietary requirements/concerns or needs support regarding positive eating attitudes). During each client contact session, you are to complete the following: • Collaborate with the client to implement healthy eating habits, showing sensitivity to cultural and social differences influencing food choices • Refer to current healthy eating information resources, answering client queries/concerns regarding the interpretation of such resources • Explain the adverse effects of poor nutrition • Identify and prepare a referral to an accredited practising dietitian, accredited sports dietitian and/or general practitioner	<input data-bbox="1305 376 1348 421" type="checkbox"/>

Outcome for Practical Task	<input data-bbox="627 954 654 987" type="checkbox"/> Satisfactory <input data-bbox="627 992 654 1025" type="checkbox"/> Not satisfactory
Trainer/Assessor comments	