



VCE HEALTH AND HUMAN DEVELOPMENT UNITS 3&4 [2021]

Unit 3 AOS 2: Progress check 4

YOUR NAME: Panayiota Matheou

STRUCTURE OF EXAM

Section A - Short Answer

3 questions

11 marks

11 marks

WHEN YOU FINISH

Get your marks, and view solution videos that explain the answer to each question at:

edrolo.com.au/e5612

SECTION A – SHORT ANSWER

Question 1 (5 marks)

Tabitha has just started at university and moved into share accommodation. She has to do all her own shopping and cooking. She often chooses foods that are quick, easy and able to be cooked in the microwave. Her fruit, vegetable and red meat consumption has declined and she is starting to feel tired regularly. Her doctor has advised that she needs to start consuming a greater variety of nutritious wholefoods.

Question 1.a

2 marks

Identify two challenges that Tabitha may face in trying to make changes to her diet?

Question 1.b

3 marks

How could the Australian Dietary Guidelines be used to support Tabitha in helping her make the correct changes to her diet to improve her physical health and wellbeing?

Question 2

3 marks

Nutrition Australia is a non-government not-for-profit organisation that's mission is to promote optimal health for all Australians by encouraging food variety and physical activity.

Identify and explain how Nutrition Australia works towards their mission.

Question 3 (3 marks)

Red Dust Role Models is a not-for-profit organization working in the Northern Territory. It's objective is to promote the running of organized programs in remote communities. Their Healthy Living Program is a school based health development program delivered through 3 stages of week long visits to schools in remote communities. It uses sport, art, music and dance to drive its messages. Students learn the essential elements to good health including: nutrition, hygiene, substance misuse and physical activity. They are educated on the recommended fruit and vegetable intake, causes of common preventable diseases and healthy cooking classes. This is all undertaken while interacting with key role models from their own local community or well known sporting and television identities. They also work with students to create their own music videos, which spread important health messages.

Adapted from: <https://www.reddust.org.au/>

Question 3.a

2 marks

Identify an action area of the Ottawa Charter and describe how the Red Dust Role Models program addresses this action area.

Question 3.b

1 mark

Using the Ottawa Charter action area Build Healthy Public Policy, identify what the government or local indigenous communities could do to bring about improvements to indigenous health and wellbeing outcomes.
