



**ACTION BASED ACTIVITIES**

# **TOPIC N3.2 : DIET**

**THEME N3 DOMESTIC AND EVERYDAY LIFE**



**APPLICATION OF NUMBER**

**LEVELS 1 & 2**

**ISSUED SEPTEMBER 2005**

# INSTRUCTIONS

## WHAT DO I DO?

Use this Theme Template to help you:

- plan an Action-based Activity on the theme of Domestic and Everyday Life
- carry out an investigation into the subject
- produce evidence needed for your portfolio.

**NOTE:** Use this booklet WITH your Learner's Planner and Guide.

## WHAT IS ASSESSED?

*Domestic and Everyday Life* is one of six themes you can choose for your Action-based Activity/portfolio work. It includes topics such as:

**N3.1** Managing a Family Budget

**N3.2** DIET

**N3.3** Home and Garden Design

**APPLICATION OF NUMBER**

**TOPIC N3.2 : DIET**

### TOPIC N3.2 DIET

Diet is a huge subject and you will need to narrow down a topic to study. This guide will take you step by step from getting started, to writing and checking your final pieces of work. Each step follows Part Two of your *Learner's Planner & Guide*, so read it alongside this Theme Template.



It's a good idea to follow this advice.



You must do this to get the qualification.



**STEP  
A**



### CHOOSING A TOPIC

One of the best ways to start thinking about a subject is to *mindmap*. You can find how to do this on page 5 of the *Learner's Planner & Guide*.

#### TASK 1

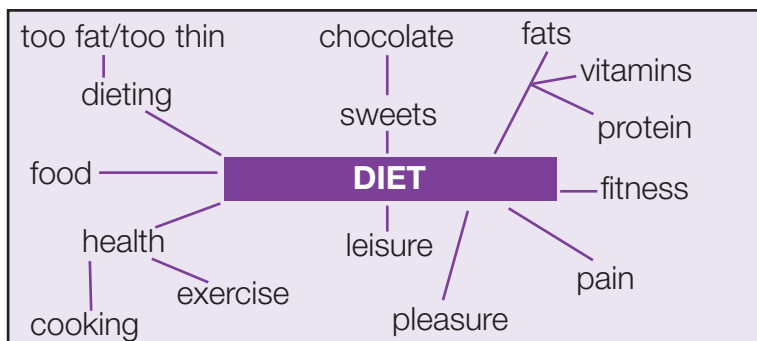
Allow about  
20 minutes

On your own, or with a colleague, think about and talk about "Diet" and aspects of it you might like to study.

Work together to make a **mindmap** of the subject. You may want to think about:

- your present diet and how healthy it is
- what makes a healthy diet
- dieting – good and bad
- the cost of a healthy diet
- whether our diet today is as good as it was in our grandparents' day
- why bother with creating a healthier diet.

**PORTFOLIO EVIDENCE** – You could copy and add to the unfinished example below. This could then go into your portfolio as evidence that you have thought about your chosen subject.



**ESSENTIAL SKILLS**  
**ACTION BASED ACTIVITIES**



*Continued*

**TASK 2**  
Allow about 15 minutes

When you have made your mindmap, focus in on one or two ideas that:

- interest you
- will be easy to research and get information about (talk to your tutor if you are unsure).

Write these ideas down and then try to turn them into **QUESTIONS**. This will help when you write up your conclusions later. The examples in the box may help you do this.



**Topic : Diet**

Original Idea	Question
<b>Healthy diet</b>	What makes a healthy diet – what are the facts?
<b>Benefit of dieting</b>	Is dieting good for you?
<b>Calculating a diet</b>	How can I calculate the right diet for me?
<b>Fast food</b>	Is a diet of fast food good for you?

**TASK 3**  
Allow about 10 minutes

In your portfolio, write down your chosen title/question.

Check with your tutor that it is okay. (Remember, you can always change it later if necessary.)

**TASK 4**  
Allow about 30 minutes

**PLAN** – It's a good idea next to draw up a plan of action. Make a table and on it write down what you intend to do and when you will do it by. Highlight key dates and deadlines (e.g. when you are carrying out a survey or presenting your findings).



**APPLICATION OF NUMBER**

**TOPIC N3.2 : DIET**



### CHOOSING & INTERPRETING INFORMATION

Interpreting information from suitable sources is an essential part of the qualification and you must be able to show that you have collected, read and extracted information from **DIFFERENT** sources.

There are lots of ways of finding information on such as:

- books and other resources in the library
- health, eating and diet magazines and in newspapers
- using the Internet
- talking and interviewing people about dieting.

#### TASK 5

Allow about 2-3 hours

Look for suitable documents to read. Remember:

- at **both levels 1 and 2** you must use **TWO** different sources of information.
- overall **at level 1** at least one source must include a table, chart, graph or diagram
- **at level 2** at least one source must include material containing a chart or a graph.

You will need to make careful notes as you work.

Put these in your portfolio (see also pages 8 and 9 in the *Learner's Planner & Guide*).



#### Topic: "How can I reduce weight?"

**Source:** "Diet Reviews – Ultimate weight loss revealed"

**Date:** January 2004

**Author:** Internet – Unknown author

**Website:** <http://www.diet-reviews-zone.com/>

#### Main points taken from the website

1. Gruelling exercise doesn't work.
2. Diet pills don't work and can be dangerous to your health.
3. Diets clearly don't work. Weight loss gimmicks don't work.
4. The more calories your body burns, the less weight you gain.
5. The only way to lose weight and keep it off is to get your natural fat-burners functioning normally again.
6. It's not important how much you eat - what's important is how many calories you burn. etc etc ...

**Keep these notes in your file – they will form important evidence of the research you have carried out.**



**ASSESSMENT** Your tutor will assess that:

- you have chosen the information you need
- you have obtained the information needed
- you have identified the best methods to get the results you need.

Remember to label sources clearly.

**STEP  
C**



**CARRY OUT AND CHECK CALCULATIONS**

Carrying out and checking calculations is an essential part of the qualification. At each level you are required to carry out calculations to do with:

a. amounts/sizes	3	3
b. scales/proportion	3	3
c. handling statistics.	3	3
d. using formulae		3

It may be difficult to cover all the required calculations for this topic (See *Learner's Planner & Guide*, page 10).

**TASK 6**

Allow about  
1 hour

**1. Carry out calculations.** You will need to:

- pick out the data/information you think will be useful
- decide on the calculations you need to find the results you want
- show calculation methods clearly
- check calculations and correct any errors

**At Level 2** calculations must involve two or more steps

Talk this over with your tutor if you are at all unsure. A few ideas are given below.



**CARRYING OUT AND CHECKING CALCULATIONS**

**Examples – Carrying out and checking calculations**

**At level 1:**

- you might use information collected first hand as the basis of calculations (eg calculating the number of calories you have consumed over the past week or comparing different menus). You could also survey people on their diet habits and their attitudes to dieting. You might also carry out calculations using data from a secondary source such the Internet or a leaflet containing tables, charts, diagrams or plans.

**At level 2:**

- your calculations will be more complex, perhaps comparing two sets of data on a similar subject. For example, you might compare your diet with the average diet for a person of similar age the UK (using statistics from the Internet).



**ASSESSMENT** Your tutor will assess:

- how well you carried out your calculations (including your working)
- that you checked your methods
- that you spotted and corrected any errors
- that your results make sense.

**STEP  
D**



### INTERPRETING RESULTS & PRESENTING FINDINGS

Having collected, sorted, extracted data and carried out calculations based on them, you are now ready to interpret your findings.

#### TASK 7

Allow about  
3 hours

1. Go through all the information you have collected and sort it out carefully. Keep only relevant information and make sure EVERYTHING is properly labelled.
2. Now sift through again and, on notepaper, write down your main findings and conclusions. Remember, your first question (Task1)? Can you now answer your question?
3. Think how you will present your information.

#### Remember:

- At level 1 you have to present it in **two** different ways using charts or diagrams
- At level 2 you need to present it in **two** different ways using graphs, charts or diagrams.

Other points to consider:

- Which graphs, charts or diagrams will you use to present you findings?
- How do the results of your calculations relate to the purpose of the action-based activity?  
(See Learner's Planner and Guide page 12)

#### TASK 8

Allow about  
3 hours



At this stage you will be required to present your findings to a tutor or supervisor. Before you hand your work in, check that:

- you have covered all requirements intended
- that each section has suitable headings/labelling
- that diagrams, charts, maps etc are properly labelled
- pages are numbered
- there is a contents page.

**N.B. There is a checklist on page 14 of the Learner's Planner and Guide**



It is a good idea to produce a draft plan/outline of what you will include in your final presentation. An example is given on the next page.

STEP  
D**INTERPRETING RESULTS & PRESENTING FINDINGS**  
*continued***EXAMPLE OF A DRAFT PRESENTATION PLAN****Topic: How can I lose weight?**

1. I will present my work as a **report** (computer typed and to include graphs, tables etc) with the sections below.
2. **Introduction** – I will include what I wanted to find out and why the subject interests me.
3. **Method** – a short section saying how I set about collecting data/information e.g. interviewed people to find out about safe dieting and fitness.
4. **Calculations and Interpretation** – I will include how I extracted information from the data collected; how I worked out averages from the data collected.
5. **Presentation** – I will use written information and diagrams – mainly tables, graphs and a spreadsheet.
6. **Appendices** – to include some photocopied data from the Internet and a health club expert, copy of questionnaire used to interview people.

I must remember to number pages and add a Contents page.



**ASSESSMENT** Your tutor will assess your work as follows:

**At level 1** you will be assessed on:

- how you have interpreted the results of calculations
- suitable choice of chart or diagram with appropriate labels and correct use of units
- how you have explained what the chart or diagrams show.

Additionally **at level 2** you will be expected to:

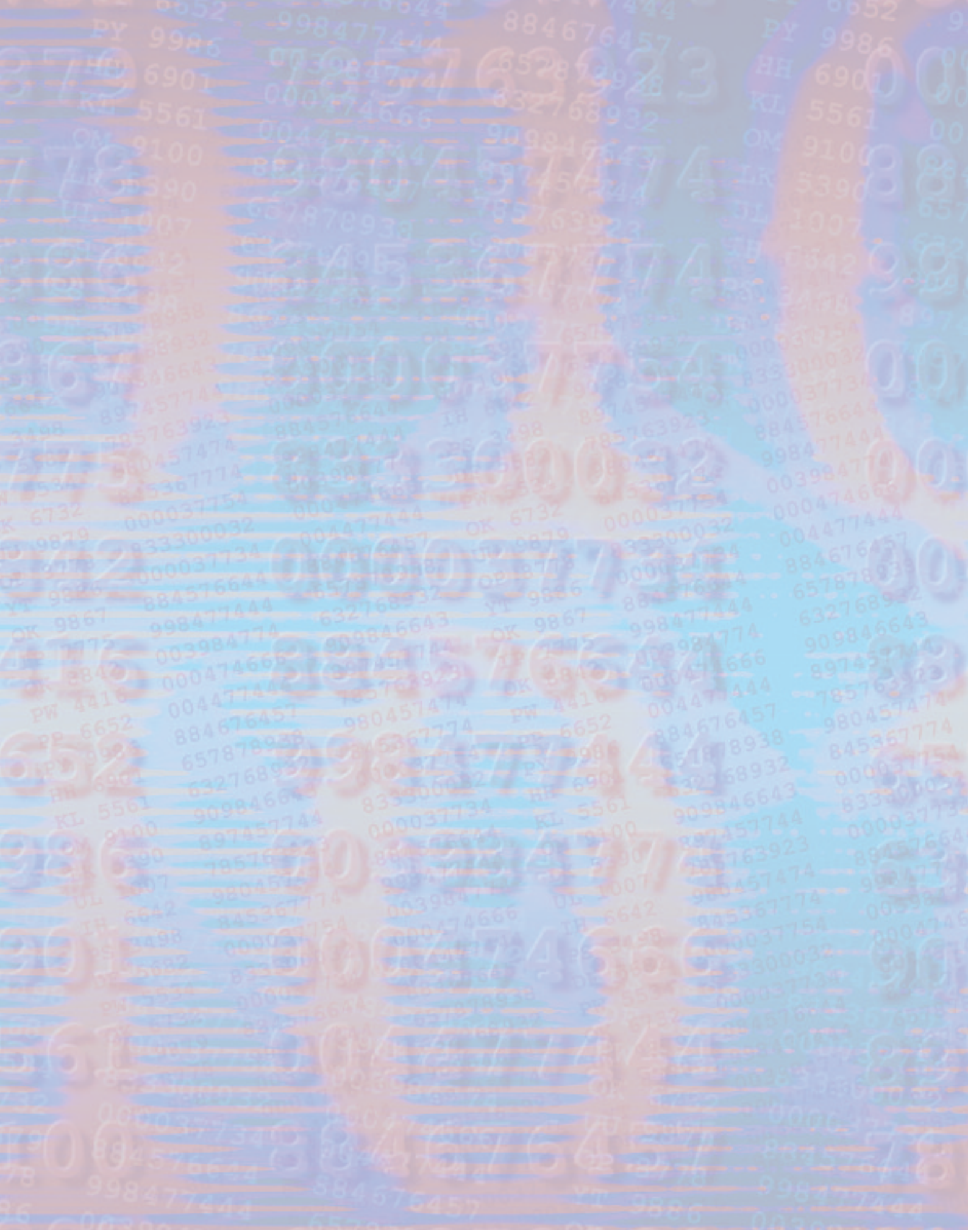
- describe the methods you have used
- explain the results of calculations in terms of how they meet the purpose of your chosen Activity.

**DIET  
MORE ACTION-BASED ACTIVITY IDEAS**

1. Develop a diet regime for yourself - to include details of suggested daily calorie intake and a schedule for keeping fit.
2. Compare a “healthy” option of a product with the “standard” product e.g. weight watcher’s tomato soup with ordinary tomato soup. Also compare prices and estimate value for money.
3. Carry out a survey (of about 20 people) to find out if they follow (or followed) a strict diet and how effective they feel it is/was. Analyse and plot the data collected.
4. Visit a health and fitness club/centre and find out how fitness etc is measured and how a fitness plan is drawn up. Collect figures you can work with later.
5. Survey supermarkets to find out about food labelling and draw up tables to show the comparative value of various food products.
6. Investigate the dietary value of a certain type of food in your diet e.g. fruit, fish, meat, bread. Compare the benefits from different types of the same product.
7. Investigate and compare your diet with typical diets of people in several other countries. Analyse and present you findings.
8. Calculate the cost of a healthy diet for a month.
9. Budget for healthier diet for a week and compare with your normal food bill.
10. Survey people’s dietary preferences to find out their favourite foods. Is diet a key factor in their choice?
11. Investigate fast foods and how frequently people use fast food restaurants (include take-aways and TV meals). Find out the average amount spent per week for a sample of about 20 people.







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