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| **Course: Senior Health Strand: Nutrition** |
| **Learning Goal 1:** * Determine the relationship of nutrition and physical activity to weight loss, weight gain, and weight maintenance.
 |
| **Score 4** | **The student:*** *makes inferences beyond what was explicitly taught.*

***No major errors or omissions regarding the score 4 content*** |
| **Score 3** | **The student:*** Can identify the relationship between nutritent intake and health.
* Can recommend nutrition and activity measures that can be taken to maintain a healthy weight.
* Examines how caloric balance plays a vital role in our overall health

***No major errors or omissions regarding the score 3 content*** |
| **Score 2** | **The student will recognize or recall specific vocabulary or basic content such as:*** Define nutrition, calorie, holistic health, diet, risk factors, hunger, appetite
* Can identify personal, societal and economic influences on nutrition.

**The student will perform basic skills or process, such as:*** Identify the Risk Factors of poor health related to nutrition.

***No major errors or omissions regarding the score 2 content*** |
| **Score 1** | With help, partial success at score 2 content and score 3 content |
| **Score 0** | Even with help, no success |

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| **Course: Senior Health Strand: Nutrition** |
| **Learning Goal:*** **Goal 2:** Analyze the unique contributions of each nutrient class (fats, carbohydrates, protein, water, vitamins, and minerals) to one’s health.
 |
| **Score 4** | **The student:*** *makes inferences beyond what was explicitly taught.*

***No major errors or omissions regarding the score 4 content*** |
| **Score 3** | **The student:*** *Student can compare and contrast the 6 basic nutrient classes*
* *Students can explain how each nutrient class uniquely contributes to physical health.*
* *Compare two foods by reading food labels.*
* *Can classify nutrients as Macronutrients or Micronutrients.*

***No major errors or omissions regarding the score 3 content*** |
| **Score 2** | **The student will recognize or recall specific vocabulary or basic content such as:*** Define Fats, Carbohydrates, Proteins, Minerals, Vitamins and Water, macronutrients, micronutrients, calorie,
* Can identify food sources of each major class of nutrition.
* Can name two functions/roles of each nutrient class.

**The student will perform basic skills or process, such as:*** Identify the nutrients listed on a food label.

***No major errors or omissions regarding the score 2 content*** |
| **Score 1** | With help, partial success at score 2 content and score 3 content |
| **Score 0** | Even with help, no success |