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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 |