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| **Strand: Food and Nutrition** | | | |
| **Topic: Nutrition, Food Safety and Basic Preparation** | | | |
| **Grade: 7th** | | | |
| **Score 4.0** | **In addition to Score 3.0, in-depth inferences and applications that go beyond what was taught.** | | **Sample Activities** |
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|  | **3.5** | In addition to score 3.0 performance, in-depth inferences and applications with partial success. |
| **Score 3.0** | **The student:**   * Identify the MyPlate groups, foods, importance of each, recommended amounts, and how this visual helps one to make better eating choices. * List the six nutrients, their functions and their sources. * Identify portion size for each food group. * Identify the Dietary Guidelines used to make nutrition and lifestyle * Identify cooking tool, utensils, and small appliance use and safely demonstrate their functions. * Define and practice basic food preparation skills. * Knife safety and cutting skills. * Identify and practice food safety steps while preparing foods in the kitchen. * Identify and practice kitchen safety steps while preparing foods in the kitchen. * Identify recipe parts & discuss the importance of each including measuring, abbreviations, conversions, and cooking methods. * Demonstrate how to prepare a healthy snack using a recipe provided by the teacher. * Demonstrate how to prepare a healthy beverage.   **The student exhibits no major errors or omissions.** | |
|  | **2.5** | No major errors or omissions regarding 2.0 content and partial knowledge of the 3.0 content. |
| **Score 2.0** | **There are no major errors or omissions regarding the simpler details and processes as the student:**   * recognizes or recalls specific terminology, such as:   + nutrients, carbohydrates, fiber, protein, fat, vitamins, minerals incomplete protein, complete protein, saturated fat, unsaturated fat, calories, My Plate, Dietary, Chop, slice ,dice, mince, julienne, Stir, Mix, toss, blend, boil, broil, roast and bake. * performs basic processes, such as:   + Diagram the MyPlate and label the sections   + List the six nutrients   + Give one example of a serving size for each food group on MyPlate   + Demonstrate how to measure dry and liquid ingredients   + Demonstrate food safety   + Prepare a simple healthy snack or beverage   **However, the student exhibits major errors or omissions regarding the more complex ideas and processes.** | |
|  | **1.5** | Partial knowledge of the 2.0 content, but major errors or omissions regarding the 3.0 content. |
| **Score 1.0** | **With help, a partial understanding of some of the simpler details and processes and some of the more complex ideas and processes.** | |
|  | **0.5** | With help, a partial understanding of the 2.0 content, but not the 3.0 content. |
| **Score 0.0** | **Even with help, no understanding or skill demonstrated.** | |