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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.** |