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| **Strand: Students will understand the basics of the six essential components found in Food.** |
| **Topic: Nutrition and Wellness** |
| **Grade: 9-12** |
| **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:*** Explain protein, carbohydrates and fats as energy sources for a healthy body function.
* Explore how minerals and vitamins affect metabolism in the human body
* Analyze the importance of water for human existence
* List the Main functions and sources of the six essential nutrients

**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:
	+ calories, protein, catalyst, carbohydrates, vitamin, minerals, water, fats, absorb, malnutrition, deviancy, metabolism dietary fiber, poly-saturated, mono-saturated, complex carbohydrates, simple carbohydrates, soluble, concentrate
* performs basic processes, such as:
	+ Identify the six essential nutrients
	+ List a few functions and sources of six essential nutrients

**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.** |