

ACTIVIY 1: "Meet the Power Foods"

Name: _____

Date: _____

CRITERIA					POINTS
	1	2	3	4	
Identification of Food Groups	Little or no identification of food groups	Limited identification of two or three food groups	Adequate identification of four out of five food groups	Complete identification of all 5 food groups	
Examples of Foods within Each Food Group	Little or no examples of foods within each food group	Limited examples of foods within two or three food groups	Adequate examples of foods within four or five of the food groups	Complete examples of foods within each of the five food groups	
Association of Health Benefits within Each Food Group	Does not yet associate health benefits within any food group	Associates at least one health benefit within two or three food groups	Associates two health benefits within four of the food groups	Associates two specific health benefits within each of the five food groups	
Knowledge of Recommended Daily Servings	Does not yet list the recommended daily serving for any of the food groups	Minimal list of the daily serving recommended for two or three of the food groups	Accurate list of the daily serving recommended for four out of five food groups	Complete list of the exact serving recommended for each of the five food groups	
TOTAL →					

Teacher Comments:



Rubric Scoring Guide

Level 4 = 25 points

Level 3 = 20 points

Level 2 = 15 points

Level 1 = 10 points

Based on possible 100 points scale

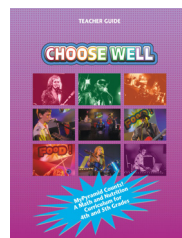
ACTIVITY 2: "Finding Nutrient-Rich Foods"

Name: _____

Date: _____

CRITERIA					POINTS
	1	2	3	4	
Usage of Food Labels to Identify Key Nutrients of the Five Food Groups	Inadequate use of food labels to identify key nutrients in any of the food groups	Limited use of food labels to identify key nutrients in some of the five food groups	Adequate use of food labels to identify key nutrients of the five food groups	Complete use of food labels to identify key nutrients of all five food groups	
Identification of Food Sources with Key Nutrients	Little or no identification of food sources containing any key nutrients	Limited identification of food sources containing key nutrients	Identification of food sources containing most of the key nutrients	Complete identification of food sources containing all key nutrients	
Explanation of the Importance to Eat a Variety of Foods Within Each Food Group	Does not yet state important factors of eating a variety of foods within each food group	States some factors of eating a variety of foods within each food group	States most of the important factors of eating a variety of foods within each food group	Clearly states important factors of eating a variety of foods within each food group	
Interpretation of Table Graph Information	Inaccurate interpretation of information from a table graph	Sketchy interpretation of information from a table graph	Accurate interpretation of information from a table graph	Exemplary interpretation of information from a table graph	
TOTAL →					

Teacher Comments:



Rubric Scoring Guide

Level 4 = 25 points

Level 3 = 20 points

Level 2 = 15 points

Level 1 = 10 points

Based on possible 100 points scale

ACTIVIY 3: "Power Snacking"

Name: _____

Date: _____

CRITERIA					POINTS
	1	2	3	4	
Differentiation of Power Foods and Extra Foods	Does not yet differentiate between power foods and extra foods	Limited differentiation of power foods and extra foods	Accurate differentiation between power foods and extra foods	Strong differentiation of power foods and extra foods	
Individual Choices of Power Foods for Snacks	Little or no explanation of the importance of choosing power foods for snacks	Weak explanation of the importance of choosing power foods for snacks	Adequate explanation of the importance of choosing power foods for snacks	In-depth explanation of the importance of choosing power foods for snacks	
Creativity Extension of Bar Charts	No effort in creating horizontal bar chart depicting the amount of protein in 4 foods	Minimal effort in creation horizontal bar chart depicting the amount of protein in 4 foods	Accurate creation of horizontal bar chart depiction the amount of protein in 4 foods	Exceptional creation of horizontal bar chart depiction the amount of protein in 4 foods	
Contribution in Bar Charts Discussion	Little or no discussion about bar chart information	Limited discussion about bar chart information	Appropriate discussion about bar chart information	Engaging discussion about bar chart information	
TOTAL →					

Teacher Comments:



Rubric Scoring Guide

Level 4 = 25 points

Level 3 = 20 points

Level 2 = 15 points

Level 1 = 10 points

Based on possible 100 points scale

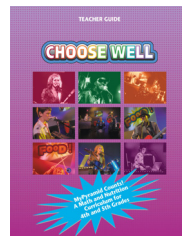
ACTIVITY 4: “Mixed Dish Mysteries”

Name: _____

Date: _____

CRITERIA					POINTS
	1	2	3	4	
Explanation of Mixed Dishes	Unable to explain that mixed dishes combine foods from 2 or more food groups	Partial explanation that mixed dishes combine foods from 2 or more food groups	Adequate explanation that mixed dishes combine foods from 2 or more food groups	Thorough explanation that mixed dishes combine foods from 2 or more food groups	
Identification of Components in Mixed Dishes	Inaccurate identification of the food group components in any mixed dish	Limited identification of the food group components in some mixed dishes	Accurate identification of food group components in several mixed dishes	Clear identification of food group components in many mixed dishes	
Interpretation of Information from Tables	Minimum interpretation of information gathered from reading tables	Moderate interpretation of information gathered from reading tables	Adequate interpretation of information gathered from reading tables	In-depth interpretation of information gathered from reading tables	
Creation of Bar Graphs	Inaccurate creation of vertical bar graph	Partial creation of a vertical bar graph	Complete creation of a vertical bar graph	Detailed creation of a vertical bar graph	
TOTAL →					

Teacher Comments:



Rubric Scoring Guide

Level 4 = 25 points

Level 3 = 20 points

Level 2 = 15 points

Level 1 = 10 points

Based on possible 100 points scale

ACTIVIY 5: “Count Your Servings”

Name: _____

Date: _____

CRITERIA					POINTS
	1	2	3	4	
Statements of Recommended Daily Servings	Incorrectly states the recommended number of daily servings from the 5 food groups	Partially states the recommended number of daily servings from the 5 food groups	Accurately states the recommended number of daily servings from the 5 food groups	Clearly states the recommended number of daily servings from each of the 5 food groups	
Comparison of Posters	Not yet able to compare and contrast information given on posters	Partially compares and contrasts information given on one or two posters	Adequately compares and contrasts information given on two posters	Clearly compares and contrasts information given on two posters	
Compilation of Bar Graphs	Incomplete compilation of stacked bar graph	Rough compilation of stacked bar graph	Complete compilation of a stacked bar graph	Excellent compilation of a stacked bar graph	
Completion of Food Diary	Inadequate completion of a 24-hour food diary	Sketchy completion of a 24-hour food diary	Adequate completion of a 24-hour food diary	Detailed completion of a 24-hour food diary	
TOTAL →					

Teacher Comments:



Rubric Scoring Guide

Level 4 = 25 points

Level 3 = 20 points

Level 2 = 15 points

Level 1 = 10 points

Based on possible 100 points scale

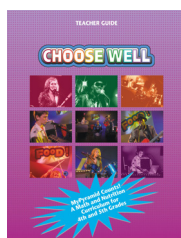
ACTIVITY 6: "Serving Size" Part 1

Name: _____

Date: _____

CRITERIA					POINTS
	1	2	3	4	
Definition of the term "Serving Size"	No definition of the term "serving size"	Vague definition of the term "serving size"	Acceptable definition of the term "serving size"	Thorough definition of the term "serving size"	
Identification of Information on Nutrition Label Facts Labels	Little or no identification of serving size information on nutrition facts labels	Partial identification of serving size information on nutrition facts labels	Adequate identification of serving size information on nutrition facts labels	Complete identification of serving size information on nutrition labels	
Interpretation of Information from Tables	Little or no recognition of foods measured by volume	Some recognition of foods measured by volume	Complete recognition of foods measured by volume	Exceptional recognition of foods measured by volume	
Measurement of Food	Incorrectly measures food or objects using common measuring tools	Partially measures food or objects using common measuring tools	Adequately measures food or objects using common measuring tools	Precisely measures food or objects using common measuring tools	
TOTAL →					

Teacher Comments:



Rubric Scoring Guide

Level 4 = 25 points

Level 3 = 20 points

Level 2 = 15 points

Level 1 = 10 points

Based on possible 100 points scale

ACTIVIY 7: "Serving Size" Part 2

Name: _____

Date: _____

CRITERIA					POINTS
	1	2	3	4	
Identification of Foods with Serving Sizes Measured by Item	Little or no identification of foods with serving sizes measured by the item or fraction of an item	Partial identification of foods with serving sizes measured by the item or fraction of an item	Adequate identification of foods with serving sizes measured by the item or fraction of an item	Complete identification of foods with serving sizes measured by the item or fraction of an item	
Classification of Foods with Serving Sizes Measured by Inches or Ounces	Inaccurate classification of foods with serving sizes measured by inches or ounces	Partial classification of foods with serving sizes measured by inches or ounces	Sufficient classification of foods with serving sizes measured by inches or ounces	Exceptional classification of foods with serving sizes measured by inches or ounces	
Measurement of Food Service Sizes	Incorrectly uses common measuring tools to draw a serving size of food given linear measurements	Randomly uses common measuring tools to draw a serving size of a food given linear measurements	Adequately uses common measuring tools to draw a serving size of a food given linear measurements	Exactly uses common measuring tools to draw a serving size of a food given linear measurements	
Development of Personal References for Food Measurements	Undeveloped personal references for foods measured by the item, inch and ounce	Weakly developed personal references for foods measured by the item, inch and ounce	Appropriately developed personal references for foods measured by the item, inch and ounce	Highly developed personal references for foods measured by the item, inch, and ounce	
TOTAL →					

Teacher Comments:



Rubric Scoring Guide

Level 4 = 25 points

Level 3 = 20 points

Level 2 = 15 points

Level 1 = 10 points

Based on possible 100 points scale

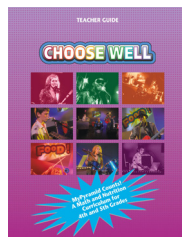
ACTIVITY 8: "Get Moving"

Name: _____

Date: _____

CRITERIA					POINTS
	1	2	3	4	
Discussion on Consequences of Calorie Balance and Imbalance	Little or no discussion on the consequences of calorie balance and imbalance	Some discussion on the consequences of calorie balance and imbalance	Adequate discussion on the consequences of calorie balance and imbalance	Engaging discussion on the consequences of calorie balance and imbalance	
Description of the Importance of Eight "Steps for Good Health"	Does not yet describe the importance of the eight steps for good health	Partial description of the importance of the eight steps for good health	adequate description of the importance of the eight steps for good health	Thorough description of the importance of the eight steps for good health	
Participation in Conduction a Survey on Physical Activity	Little or no participation in conducting a survey about classmates' physical activities	Partial participation in conducting a survey on classmates' physical activities	Adequately conducts a survey about classmates' physical activities	Successfully conducts a survey on classmates' physical activities	
Creation of stacked Bar Graphs to Display Survey Data	Inaccurate creation of a stacked bar graph to display survey data	Sketchy creation of a stacked bar graph to display survey data	Accurate creation of a stacked bar graph to display data collected in survey	Exceptional creation of a stacked bar graph to display data collected in survey	
TOTAL →					

Teacher Comments:



Rubric Scoring Guide

Level 4 = 25 points

Level 3 = 20 points

Level 2 = 15 points

Level 1 = 10 points

Based on possible 100 points scale