

Performance Assessment Task

The Healthy Living Challenge

Our class has received a letter from our pen-pal class. They are inviting us to join them in learning about the good things we can experience when we combine healthy eating and regular physical activity.

For the next two weeks you will use the Snack and Activity Log to keep a record of:

- the kind of snacks you eat each day
- the amount and type of physical activity you do each day, and
- your thoughts and feelings about the snacks you eat and the physical activities in which you participate.

At the end of two weeks, you will use your log to help you write a letter to someone in the pen-pal class. In the letter, you will **describe the good things you feel when you combine healthy eating and physical activity**. You will give your letter and your Snack and Activity Log to your teacher.

Snack and Activity Log: The Healthy Living Challenge (Page 1)

Student _____

	Snacks	Thinking about my snacks	Physical Activity	Thinking about my activities
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				

Snack and Activity Log: The Healthy Living Challenge (Page 2)

Student _____

	Snacks	Thinking about my snacks	Physical Activity	Thinking about my activities
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				

Rating Scale: The Healthy Living Challenge

Student _____

Criteria	Description of Criteria	Yes!	A good start	Not Yet	Teacher Comments
Create snack and activity log (W-2.1)	<ul style="list-style-type: none"> Creates a detailed log of snacks and physical activity. 				
	<ul style="list-style-type: none"> Makes thoughtful comments about snacks and physical activities. 				
Describe effects of healthy eating and physical activity (W-2.1, 2.2.3, 2.3.1)	<ul style="list-style-type: none"> Thoroughly describes effects of combining healthy eating and physical activity. 				