

Student Sample – Various Levels (1, 2, 4) – Grade 7 Alien Invasion – Health and Life Skills

<p>HEALTH & LIFE SKILLS RUBRIC ALIEN INVASION</p>

Level Criteria	Excellent	Proficient	Adequate	Limited *	Insufficient / Blank *
Compare choices to standards (W-7.1, P2.3.3)	Provides an effective comparison of personal health data to standards.	Provides an organized comparison of personal health data to standards.	Provides a generally logical comparison of personal health data to standards. <i>Student provides a chart that is easy to understand, but the graph is difficult to interpret.</i>	Provides a sketchy comparison of personal health data to standards.	No score is awarded because there is insufficient evidence of student performance based on the requirements of the assessment task.
Analyse data (W-7.1)	Analysis reveals a thorough and accurate understanding of the standards of health. <i>Student provides comprehensive information about the importance of the standards of health.</i>	Analysis reveals a clear and mostly correct understanding of the standards of health.	Analysis reveals a superficial understanding of the standards of health.	Analysis is only minimally supported by the data.	
Set goals for improvement (W-7.1)	Goals established show a significant relationship to the data portrayed. Provides an insightful strategy for achieving goals.	Goals established are logically related to the data portrayed. Provides a logical strategy for achieving goals.	Goals established are partially supported by the data portrayed. <i>Student identifies general areas for improvement.</i> Provides a reasonable strategy for achieving goals.	Goals established are minimally supported by the data portrayed. Provides a superficial strategy for achieving goals. <i>Strategies are superficial.</i>	

* When work is judged to be limited or insufficient, the teacher makes decisions about appropriate intervention to help the student improve.

I'm Watching You!

This is my report on the nutrition a human child is consuming. I am a human child from Earth and I am writing this report to inform an alien race from Suriv of our nutritional status. The leader from Suriv named Noitirtun has asked me to participate in this study. The Suriv are planning to take over Earth in one month.

Health Canada recommends you have 35-84 servings of grain products a week, I had 29 servings in the week I kept track of what I ate. Grain products contain fibre vitamins mineral and water. Grain products contain less than half the calories fats contain.

Health Canada recommends you have 35-70 servings of Fruits and Vegetables per week. I had 6 ½ servings. Fruits and vegetables provide minerals and fibre. They may help prevent some cancers and heart disease.

Health Canada recommends you have 21-28 servings of Milk and Dairy products per week. I had 4 servings. Milk products contain calcium for bones, teeth and nails. They may help prevent Osteoporosis (brittle bones.)

Health Canada recommends you have 14-21 servings of Meat and Alternative food per week. I had 7 servings. Meat products help maintain healthy muscles, tendons, bones, skin, hair, blood and internal organs.

Health Canada recommends 52-56 hours of sleep a week and I got 60 hours. Health Canada recommends 7 hours of exercise a week and I got double the recommended amount-14 hours.

In conclusion I am too weak, I am not getting enough of any of the food groups. But I got more than enough sleep and exercise. I ate 30 ½ servings of junk food which is 23 ½ more than the limited amount of junk food says Health Canada. In order for the humans to over power the Suriv we will have to dramatically change our diet so we are stronger and more healthy. I have decided that I am too weak and am going to change my diet so the Suriv can't take over because I will be too strong in a month.

Per Week: Grain- 35-84 What I had: 29 servings
F&V- 35-70 6 ½ servings
M&A-14-21 7 servings
Milk- 21-28 4 servings
Junk Food- 30 ½ servings

Sleep: Recommended-52-56

What I had- 60 hrs

Exercise: Recommended- 7 hours

