

Performance Assessment Task

Alien Invasion

Invaders from **Suriv** are planning to invade the human adolescents of Planet Earth. You have been chosen as a candidate for invasion. You are required to submit a report to **Noitirtun**, the Magnificent Leader of **Suriv** (a.k.a. your teacher). The report is an analysis of your personal health choices as compared to the standards of health. If your analysis shows evidence of a healthy lifestyle, your body will not be suitable for invasion by **Suriv**. However, if your analysis shows a need for improvement, your body may be invaded in one month. In order to prevent the invasion, you will need to identify areas that require improvement and set goals for change.

RECORD DATA

You will be required to record your personal health data in a logbook for one week.

The data should include the following information:

- Types and amounts of food intake
 - Grain Productsnumber of servings
 - Milk Productsnumber of servings
 - Fruits and Vegetablesnumber of servings
 - Meats and Alternativesnumber of servings
 - Junk Foodnumber of servings
- Activity
 - Type of Activity.....duration of activity
- Sleep
 - Duration of Sleep

Record the weekly total for each category and compare the results to the standards of health.

GRAPH COMPARISON

Use a computer graphing program and create a graph showing standards of health data compared to your own personal data.

WRITTEN REPORT

- Compare your personal health choices to the health standards.
- Set goals for improvements and describe how these goals will be accomplished.

Rubric: Alien Invasion

Student _____

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.	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.	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. Provides a reasonable strategy for achieving goals.	Goals established are minimally supported by the data portrayed. Provides a superficial strategy for achieving goals.	

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