

Choose to Fuel Up and Play Grading Rubric

Name: _____

Directions: Submit your portfolio of work to demonstrate that you understand how and why to make healthy food choices and be physically active. Each assignment will be graded according to the following point system:

0 points	1 point	2 points	3 points
Not completed according to directions and multiple errors. No evidence of meeting the learning objective.	Somewhat completed according to directions and minimal errors. Little evidence of meeting the learning objective.	Mostly completed according to directions and minimal errors. Adequate evidence of meeting the learning objective.	Fully completed according to directions and with no errors. Sufficient evidence of meeting the learning objective.

Unit Assignments and Learning Objectives	0	1	2	3
1. My Personal Plate Sheet I can identify appropriate servings for each food group and recommended caloric intake based upon a personal needs assessment.				
2. Fueling Up with the Food Groups Handout I can distinguish between nutrient-dense and empty-calorie foods and identify examples of each.				
3. The Beverage Handout I can analyze Nutrition Facts labels and make recommendations for healthy beverage choices.				
4. Plan Your Fuel Balance Handout I can create a daily food plan with adequate amounts of nutrients for my physical activity level.				
5. My Fuel Up and Physical Activity Assessment I can assess my eating and physical activity behaviors to identify strengths and areas of improvement				
6. Creating a SMART Goal Handout I can create a short-term goal to establish a healthy eating or physical activity habit.				
7. Reflection Journal I understand how and why to make healthy food choices and be physically active.				
8. My Food & Physical Activity Tracker I can track and reflect on my personal eating and physical activity habits.				

Final Grade for the Unit

Total:

F	D	C	B	A
5 or less	6-11 total points	12-17 total points	18-20 total points	21-24 total points