

Promoting Healthy Decisions Performance Assessment



Health Education Content Standard

Standard 5: Students will use decision-making skills to enhance health.

1. Choose one of the following events.
2. Plan a nutrient-rich menu for the event. Choose foods within the given nutrition requirements.
*List your foods with their nutrition information
3. Explain your decision making process according to the rubric below. Be sure to follow steps 1-4 of the Decision Making Model
*Write 4 paragraphs answering the questions in steps 1-4 of the decision making model.
4. Create a decorative menu for the event.
*Create in Piktochart, or you can draw it. Be creative.

<p style="text-align: center;">Halloween Bash</p> <p>3-5 Items - Totals Under 620 total calories Under 7 g of saturated fat Under 6 g of added sugar Under 644 mg of sodium</p>	<p style="text-align: center;">Thanksgiving Meal</p> <p>3-5 Items - Totals Under 620 total calories Under 7 g of saturated fat Under 6 g of added sugar Under 644 mg of sodium</p>
<p style="text-align: center;">End of Nine Weeks Celebration</p> <p>3-5 Items - Totals Under 620 total calories Under 7 g of saturated fat Under 6 g of added sugar Under 644 mg of sodium</p>	<p style="text-align: center;">Anniversary Date</p> <p>3-5 Items - Totals Under 620 total calories Under 7 g of saturated fat Under 6 g of added sugar Under 644 mg of sodium</p>

Scoring Rubric for Decision Making

Students will demonstrate the ability to advocate for personal, family, and community health.

Rating		Skill Criteria	Rating		Content Criteria
Above Mastery	4 (100-95)	<ul style="list-style-type: none"> •Reaches a health-enhancing decision using a decision-making process consisting of the following steps: <ul style="list-style-type: none"> ● Identifies a situation that poses a health risk. ● Examines a comprehensive set of alternative courses of action. ● Effectively evaluates the positive and negative health consequences of each alternative course of action. ● Decides on a health-enhancing course of action. •I created a creative, colorful, inspiring menu. 	Above Mastery	4 (100-95)	<ul style="list-style-type: none"> •Includes 5 items for the selected meal •Clearly lists the nutrition information for all 5 foods. <ul style="list-style-type: none"> ● Total calories ● Saturated fat ● Added sugar ● Sodium •All five food items in total meet the criteria below.. <ul style="list-style-type: none"> ● Under 620 total calories ● Under 7 g of saturated fat ● Under 6 g of added sugar ● Under 644 mg of sodium
Mastery of Grade Level Standards	3 (94-83)	<ul style="list-style-type: none"> •Reaches a health-enhancing decision using a decision-making process consisting of the following steps: <ul style="list-style-type: none"> ● Identifies a situation that poses a health risk. ● Examines some alternative courses of action. ● Evaluates some of the positive and negative health consequences of alternative courses of action. ● Decides on a health-enhancing course of action. •I created a creative, colorful menu. 	Mastery of Grade Level Standards	3 (94-83)	<ul style="list-style-type: none"> •Includes 3-4 items for the selected meal •Clearly lists the nutrition information for all 3-4 foods. <ul style="list-style-type: none"> ● Total calories ● Saturated fat ● Added sugar ● Sodium •All 3-4 food items in total meet the criteria below.. <ul style="list-style-type: none"> ● Under 620 total calories ● Under 7 g of saturated fat ● Under 6 g of added sugar ● Under 644 mg of sodium

Approaching Mastery	2 (82-74)	<ul style="list-style-type: none"> •The decision-making process is incomplete or contains flaws. <i>For example:</i> <ul style="list-style-type: none"> • May not identify a situation that poses a health risk. • Does not examine alternative courses of action. • Fails to fully or effectively evaluate the positive and negative health consequences of alternative courses of action. • Presents a course of action that is vague, incomplete, or unlikely to enhance health. •I created a menu. 	Approaching Mastery	2 (82-74)	<ul style="list-style-type: none"> •Includes 2 items for the selected meal •Clearly lists the nutrition information for all 2 foods. <ul style="list-style-type: none"> • Total calories • Saturated fat • Added sugar • Sodium •All 2 food items in total meet the criteria below.. <ul style="list-style-type: none"> • Under 620 total calories • Under 7 g of saturated fat • Under 6 g of added sugar • Under 644 mg of sodium 	
Novice	1 (73-0)	<ul style="list-style-type: none"> •Does not reach a health-enhancing decision due to an ineffective decision-making process. •Steps of the decision-making process are ineffectively used or not evident. 	Novice	1 (73-0)	<ul style="list-style-type: none"> •Includes 0-1 items for the selected meal •Clearly lists the nutrition information for a minimum of one food. <ul style="list-style-type: none"> • Total calories • Saturated fat • Added sugar • Sodium •All 0-1 food items in total meet the criteria below.. <ul style="list-style-type: none"> • Under 620 total calories • Under 7 g of saturated fat • Under 6 g of added sugar • Under 644 mg of sodium 	
Skill Criteria Grade				Content Criteria Grade		

My Final Promoting Healthy Decisions Performance Assessment Score is: _____ (Average of Content and Skill Criteria Rubric).