

Grade 7 Healthy Eating Google Response

Learning Goal: I am learning about what calories are (how we measure energy in food) and will use this information to make healthy food choices.

Question: Are all calories created equal?

Explain & support your thinking in a google response to your Phys Ed Teacher.

Success Criteria:

- *compare two food items of the same caloric value and explain why they are different?*
- Give examples from the video “What 2000 calories looks like” and/or other reliable sites (e.g. Canada’s Food Guide)
- Use proper paragraph structure to answer the question using an introduction, support & conclusion
- Explain your thinking in your own words (remember the ORPEC strategy taught in LA)

	Level 1	Level 2	Level 3	Level 4
Healthy Eating: Demonstrates the ability to make healthier food choices	-Limited understanding of healthy choices -little/no examples given	-Some understanding of healthy choices -a few examples given	-Good understanding of healthy choices -answer well supported with examples	-Thorough understandings of calories and healthy choices -answer has several examples & make connections to what will happen to your body given your choices (+/-)
Writing: Proper Paragraph Structure	-answer lacks proper structure (missing topic sentence, support and/or concluding sentence)	-has basic structure, intro, support, conclusion -needs to expand on ideas & proof	-follows paragraph structure -has clear intro, support and conclusion -well supported	-follows proper paragraph structure -answer provides lots of support and makes connections to the impact on your body

Comments: