# Food: Just Grow It! Assessment Matrix -- 06/06/02

## 5-A-Day

| *STANDARD* *(DOE)* | *APPLICATION* | *BENCHMARK/ACTION* | *PERFOMANCE INDICATOR* *Performance indicators/methods and rubrics (evidence, how do you know? Key points that can be measured)* | *ASSESSMENT METHODS* *(suggestions)* | *INTEGRATION* |
|---|---|---|---|---|---|
| **Goal: Increase the likelihood of healthy food choices based on the dietary guides and the food guide pyramid** | | | | | |
| 3.0<br><br>Self Management: Students practice health enhancing behaviors and reduce risks<br><br>*Practice self-management skills to maintain and improve health* | "5-A-Day" (foods and nutrition) | Eat 5 fruits and vegetables daily<br><br>Preparing vegetable/fruit dish for self and others | Report eating 5 fruits or vegetables daily<br>❑ Not acceptable: less than 2<br>❑ Minimum: 2<br>❑ Acceptable: improving by 2<br>❑ Mastery: 5 or more<br><br>Acquiring 5 vegetable/fruit "recipes" (including "ways of eating" and accompaniments of the "preferred")<br>❑ Not acceptable: 1 or less<br>❑ Minimum: 3 recipes<br>❑ Acceptable: 5 recipes<br>❑ Mastery: 7 recipes<br><br>Preparing vegetable/fruit dish for self<br>❑ Not acceptable: None<br>❑ Minimum: 1 dish for self<br>❑ Acceptable: 3 dish for self<br>❑ Mastery: 5 dish for self<br><br>Preparing vegetable/fruit dish for others<br>❑ Not acceptable: None<br>❑ Minimum: 1 dish for others<br>❑ Acceptable: 3 dish for others<br>❑ Mastery: 5 dish for others | Assess process and product outcomes that include knowledge, understanding and skills proficiency<br><br>❑ testing<br>❑ observations<br>❑ self assessment/individual-group<br>❑ reports/narratives/journals<br>❑ presentations/demonstrations<br>❑ audio-visuals/displays/technology | ❑ Health<br><br>❑ Science<br><br>❑ Social Studies<br><br>❑ Life Skills/Family & Consumer Sciences<br><br>❑ Educational Technology |

Assessment Method Categories: ❑ Not acceptable/deficient ❑ Minimum/developing ❑ Acceptable/effective ❑ Mastery/outstanding