

## **PAI 20F MAGAZINE ASSIGNMENT RUBRIC 20% OF GRADE**

### **Knowledge & Understanding (100mks)**

#### **Healthy Weight/Obesity /17mks**

- a) States a thorough definition of Obesity /2mks
- b) Outlines the physical, emotional & social effects of obesity /10mks
- c) Outlines the causes/factors that contribute to childhood obesity /5mks

#### **Healthy Food Portions /22mks**

- a) Outlines the importance of choosing healthy food portions /2mks
- b) Outlines 5 examples of a portion using everyday items /5mks
- c) Explains thoroughly the ¼ plate method /5mks
- d) Outlines 5 healthy snack choice<sup>2</sup> with a picture of each /10mks

#### **Weight Training Program /20mks**

- a) Identifies a major muscle group and 5 exercises that focus on that area /5mks
- b) Thoroughly outlines the technique for each of the 5 exercises /10mks
- c) Includes one or more picture(s) of each exercise /5mks

#### **Diet Product Analysis /30mks**

- a) Clearly describes what the diet product/fad diet claims and how it is supposed to work /10mks
- b) Completes all of the questions on the diet product evaluation /22mks

#### **Sun Safety /9mks**

- a) Outlines the dangers of sun exposure and tanning beds /4mks
- b) Outlines 5 ways to prevent the harmful effects of UV Rays /5mks

### **Communication /20mks**

#### **Overall Presentation**

- a) Magazine is creative, eye-catching and includes a good mix of graphics and written information /10mks
- b) Magazine has an original name and the layout of the title page is eye-catching and appealing /10mks

#### **Thinking & Inquiry /10mks**

- a) Uses thinking skills with a high degree of effectiveness and creates a highly informative health magazine /5mks
- b) Applies all of the skills involved in the inquiry process (interprets information correctly and overall planning). Planned and organized a highly effective layout for the magazine. /5mks

### **Application /25mks**

- a) Used class time effectively and stayed on task without reminders from the teacher. /10mks
- b) Submitted project on time. /10mks
- c) Chooses an appropriate fad diet/diet product and evaluates/analyzes the product thoroughly. /5mks