

Grade 4

Chapter 7 Extension Project

Objective:

Students look at portion sizes and then estimate how much they will need for a healthy foods party.

Requirements:

- Students will use the Internet or other nutritional resources to come up with serving sizes for healthy foods, such as cut vegetables, pita bread, whole-grain crackers, hummus, and all-natural fruit juices.
- Students use serving sizes and the number of students in the room as factors. They estimate how much of each food they will need in order to plan a healthy food party for their class.
- Challenge students to find calorie counts for one serving of each food. How many calories would servings for a whole class contain?

Scoring Rubric:

- Please print scoring rubric and attach to presentation or a copy of this page.
- Include name at the top.

Completion Date:

Reports are due 1 week of the completion of Chapter 7.

Chapter Project Rubric

| Score | Explanation |
|--------------|---|
| 3 | Student successfully completed the chapter project. Student demonstrated appropriate use of chapter information in completing the chapter project. |
| 2 | Student completed the chapter project with partial success. Student partially demonstrated appropriate use of chapter information in completing the chapter project. |
| 1 | Student did not complete the chapter project or completed it with little success. Student demonstrated very little appropriate use of chapter information in completing the chapter project. |
| 0 | Student did not complete the chapter project. Student demonstrated inappropriate use of chapter information in completing the chapter project. |