

Lunch Nutrition Assignment 2018-2019

First Name: _____ Last Name: _____ Grade: _____ Room #: _____ Elective (7th/8th only) : _____

Student Objective: Student will be able to self-assess and reflect upon his or her own nutritional habits on a daily basis in order to create a healthy lifelong habits.

Assessment Rubric for Lunch Assignment in Physical Education / Health				
5 points	4 points	3 points	2 points	1 point
• Had five or more food groups*.	• Had four food groups*.	• Had three food groups*.	• Had two food groups*.	• Have one or no food groups*.

Quarter 1: DUE DATE 10/19/2018 by 12pm

9/4	9/5	9/6	9/7	9/10	9/11	9/12	9/13	9/14	9/17	9/18	9/19	9/20	9/21	9/24	9/25	9/26	9/27	9/28	10/1	10/2	10/3
10/4	10/5	10/9	10/10	10/11	10/12	10/15	10/16	10/17	10/18	10/19											

Quarter 2: DUE DATE 12/21/2019 by 12pm

10/22	10/23	10/24	10/25	10/26	10/29	10/30	10/31	11/1	11/5	11/6	11/7	11/8	11/9	11/13	11/15	11/16	11/19	11/20	11/26	
11/27	11/28	11/29	11/30	12/3	12/4	12/5	12/6	12/7	12/10	12/11	12/12	12/13	12/14	12/17	12/18	12/19	12/20	12/21		

Quarter 3: DUE DATE 3/1/2019 by 12pm

1/7	1/8	1/9	1/10	1/11	1/14	1/15	1/16	1/17	1/18	1/22	1/23	1/24	1/25	1/28	1/29	1/30	1/31	2/4	2/5	
2/6	2/7	2/8	2/11	2/12	2/13	2/14	2/15	2/19	2/20	2/21	2/22	2/25	2/6	2/27	2/28	3/1				

Quarter 4: DUE DATE 5/3/2019 by 12pm

3/4	3/5	3/6	3/7	3/8	3/11	3/12	3/13	3/14	3/15	3/18	3/19	3/20	3/21	3/22	3/25	3/26	3/27	3/28	
3/29	4/1	4/2	4/3	4/4	4/8	4/9	4/11	4/12	4/22	4/23	4/24	4/25	4/26	4/29	4/30	5/1	5/2	5/3	

Quarter 1 Grade	Quarter 2 Grade	Quarter 3 Grade	Quarter 4 Grade

* Food groups include (vegetables, fruits, grains, dairy, protein foods (animal & plant based), and oils. An example, an apple is a fruit, a piece of chicken is animal protein foods, and brown rice is grain.

Only rule in physical education and health: *“Early is on time, on time is late, late is unacceptable.”* **WE ACCEPT ASSIGNMENTS TWO WEEKS PRIOR DEADLINE.**

Note: Students from 3rd-8th grade will keep this form in their records for the school year and record their own performance each day. Each quarter the student will turn it in to Mr. Anehall or Mr. Villar (physical education) for assessment, which will be returned to the student after the score has been logged into the physical education records.