| HONORS NUTRITION AND DIETETICS: | Fitness for Life | Name |
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| | | Period |

FOOD MATTERS: Let Food be thy Medicine

<u>**DIRECTIONS:**</u> Food Matters examines how the food we eat can help or hurt our health. Nutritionists, naturopaths, doctors, and journalists weigh in on topics organic food, food safety, raw foodism, and nutritional therapy.

After viewing the film, write a 300 word reflection on what you have learned, including new and surprising information, as well as how the lessons from this film will influence your life.

Be sure to study the rubric on the back of this page for scoring.

TAKE NOTES HERE:

| HONORS NUTRITION AND DIETETICS: Fitness for Life | |
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| | |
| Name | |

| Period | | |
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| 101104 | | |

FOOD MATTERS

Writing Activity

| CATEGORY | 4 | 3 | 2 | 1 |
|--------------|--|--|--|--|
| CONTENT | Student answers question thoroughly and insightfully. It is evident student put thought into the response. | Student answers question thoroughly. It is evident student put some thought into the response. | Student answers question, but some more thought should have been put into the response. | Student really didn't answer the question. |
| ORGANIZATION | Student skillfully orients reader to ideas in introduction and includes purposeful and logical progression of ideas from beginning to end. | Student orients reader to ideas in introduction and includes a progression of ideas from beginning to end. | Student orients reader to ideas in introduction, but the progression of ideas is confusing. | 1 1001091 1 |
| EVIDENCE | Student seamlessly and effectively integrates and cites evidence from the film to support response. | Student integrates evidence from the film to support response. | Student integrates evidence from the film, but it does not support the response. | No evidence from the film was used to support response. |
| REQUIREMENTS | Reponse was more than 300 words. Sentence structure, spelling, grammar, & punctuation were perfect. | Response was 300 words. A few errors were made in sentence structure, grammar, and/or punctuation. | Response was less than 300 words and/or more than a few errors were made in sentence structure, grammar, spelling, &/or punctuation. | Response was short and many errors were made in sentence structure, grammar, spelling, &/or punctuation. |