HONORS NUTRITION AND DIETETICS: *Fitness for Life*  Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**FAT, SICK, AND NEARLY DEAD**

After viewing the film, write a one page double spaced reflection discussing what you have learned. Demonstrate your understanding about the dramatic changes those highlighted in the film experienced by changing their diets, make connections to the lessons in class, and reflect on your own life and the lives of those you love.

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| **CATEGORY** | **4** | **3** | **2** | **1** |
| **MAKING MEANING** | Student efficiently demonstrated what has been learned from this film and was able to clearly identify the dramatic changes experienced by those highlighted in the film. | Student demonstrated what has been learned from this film and was able to identify the dramatic changes experienced by those highlighted in the film. | Student somewhat demonstrated what has been learned from this film and was able to somewhat identify the dramatic changes experienced by those highlighted in the film. | Student had difficulty explaining what has been learned and/or identifying the changes experienced by those highlighted in the film. |
| **MAKING CONNECTIONS** | Student used more than one example to make connections to the lessons in class. | Student was able to make connections to the lessons in class. | Student was able to somewhat make connections to the lessons in class. | Student has difficulty making connections to the lessons in class. |
| **REFLECTION** | Student was able to use the film to reflect on their own life and the lives of those they love. | Student was somewhat able to use the film to reflect on their own life and the lives of those they love. | Student was barely able to use the film to reflect on their own life and the lives of those they love. | Student had difficulty using the film to reflect on their own life and the lives of those they love. |
| **ORGANIZATION** | Writing is organized and logical. Key ideas are clearly presented. Ideas flow well from one sentence to the next and connecting ideas link paragraphs. | Writing is organized. Key ideas are presented and flow somewhat well from one sentence to the next. There is some connection between paragraphs. | Writing is somewhat organized. Key ideas are presented but are not connected. | Writing lacks organization and is weak. |
| **FOLLOWING DIRECTIONS**  |  All of the directions for this assignment were followed. | Most of the directions for this assignment were followed. |  Some of the directions for this assignment were followed. | Few of the directions for this assignment were followed. |
| **CONVENTIONS**  | Spelling, Grammar, & Punctuation were perfect. | A few errors were made in sentence structure, grammar, spelling, &/or punctuation. | More than a few errors were made in sentence structure, grammar, spelling, &/or punctuation. | Many errors were made in sentence structure, grammar, spelling, &/or punctuation. |