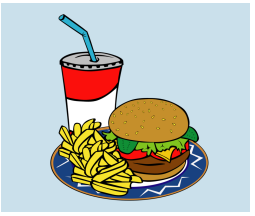


Year 7 Science/Maths Assessment - My Healthy Body & Brain

Science Instructions

For this assessment, students will be describing the requirements for a healthy body & brain , Looking specifically at what a healthy dinner plate should look like and what nutrient groups are needed for this healthy balanced meal.

STEP 1:

Make a **'Healthy plate of food"** for lunch, in class.
Using a paper plate, pencils, newspaper ads, magazines with food, scissors and glue

STEP 2:

Make a convincing Infographic poster / video to **convince and explain** to th
Bargain Box creators" why your food choice is healthy

Information to include in your ad:

- What nutrient groups are included in your healthy lunch
- What these nutrient groups are needed for
- How does a food label help you decide what food to eat
- How to read infographics and get the data from graphs

Keywords to include in your infographic poster or video

Carbohydrates, proteins, vitamins, minerals, water, fats & oils, growth & repair, energy, balanced diet, deficiency diseases

STEP 3:

Complete the slide activities on Food labels and nutrients (these labels to help with the promotion of your healthy Lunch)

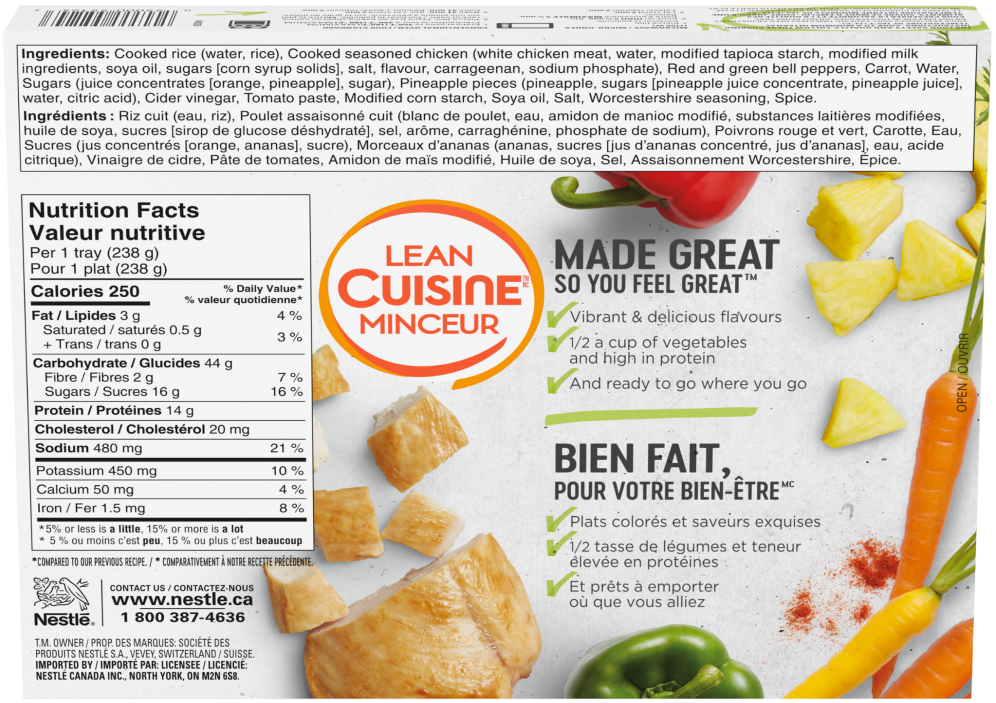
Math Instructions

Question 3:

Look at the information found on a food label below.

Create a pie graph to show what percentage of these ingredients are: natural, refined and unknown. You must include your frequency table as well.

(Insert the graph and frequency table in the blocks below)



Paste Your Frequency Table Here:

Paste Your Graph Here:

Graph Analysis (Write a paragraph that answers the following questions)

1. Describe your graph and any features you can point out. (i.e. independent and dependant variables, distribution, etc).
2.Would you classify this meal as healthy? (Why or why not, use specific data as evidence to explain your view point)
2. Moving forward, how can we use our data and knowledge of label reading to inform our eating choices? Could this method work for other foods? If so, what other foods do you believe people should know more about?

Paragraph here:

Question 4:

Mr Sharma left his lunchbox in the Central Whanau - Mrs Bartlett she wants to know what nutrients are in it.

Draw a graph which will show Mrs Bartlett exactly what's in Mr Sharma's ready meal.

This is what he said he thinks his food contains

Total fat = 8g, saturated fat =1g, Trans fat = 0 g, Cholesterol = 0 g, sodium = 0,16g, dietary fiber = 4g, total sugars = 12g, protein = 3g, Vitamin D = 0.002g, Calcium = 0,260g, Iron = 0.008g, Potassium = 0.24g, carbohydrates = 37g

Paste Your Graph here:

Graph Analysis: write a paragraph answering the following questions

1.Which type of graph did you choose and why?
2. Was it the same as the graph you chose in question 3? Why or why not?
3. Describe your graph and any notable features (i.e. independent and dependant variables, distribution, etc).
4. Would you classify this meal as healthy? Why or why not? Use specific data points to justify your claims

Paragraph here:

Math Rubric

Data display	You have attempted to draw some appropriate graphs to organise and display data to answer a given question	You have drawn appropriate graphs such as bar graphs and pie charts to organise and display data to answer a given question	You have presented your data using appropriate graphs such as bar graphs and pie charts with correct labels to answer a given question. You have also included a frequency table along with your graph	You have presented your data using appropriate graphs such as bar graphs and pie charts with accuracy to answer a given question. You also have included a frequency table with accurate tallies and calculations
Data analysis	You have attempted to describe and analyse part of a given data	You have analysed the given data with percentages and distribution type and described most parts of a given data display	You have analysed the data with percentages and distribution type in context and made an inference	You have clearly analysed the data in context and answered the question by referring to specific data points. You have connected your context to the world at large
Accuracy in writing	You have made errors in grammar, spelling and/or	You have made errors in grammar, spelling and/or	You have made some errors, but minimal reader	You have carefully edited your writing to ensure you

	punctuation which are intrusive and affect meaning	punctuation which are intrusive at times, but the reader can infer meaning	inference is needed as meaning is consistently clear	have few (or no) intrusive errors, consequently meaning is consistently clear
Time Management	You have yet to submit your assessment	You have not submitted your assessment by the due date	You have submitted your assessment by the due date	You have submitted your assessment by the due date
Overall Grade	Working Towards	At	Above	Beyond