

# Camp Winnebago Daily Specials

Middle School Performance Event

Health/Science

by

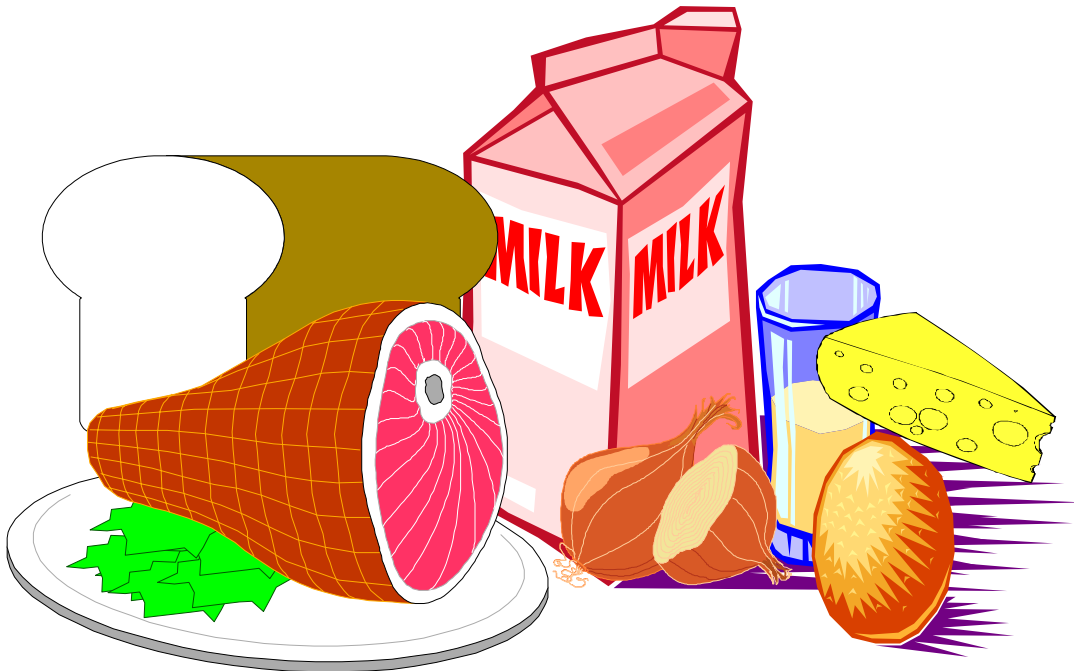
MAP Senior Leaders

Tana Booker

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South Central Regional MAP Center

# Camp Winnebago Daily Specials

**Purpose:** This performance event can be used as a follow-up or in conjunction with the study of the food pyramid and the six basic nutrients. The students are expected to use their knowledge of proper nutrition to create a three-day menu that will offer variety, be nutritional, and will appeal to 10-14 year olds.

## **Show-Me Standards Addressed:**

Knowledge: H/PE 2

Performance: 2.1, 4.7

## **Grade Level Range: 6-8**

## **Subject Area: Health**

**Materials Needed:** Pencil/Pen, Colored pencils, Menu Worksheet, Student Prompt and Scoring Guide, Copy of the Food Pyramid

**Time:** Pre-assessment Activity: 25 minutes

Performance Event: 45 minutes

**Directions for Administration:** Present students with the performance event and go over the prompt. Make sure students understand how they will be assessed by presenting the scoring guide up front with the event. Students may refer to their copy of the Food Pyramid.

**Pre-assessment Instructions:** Prior to giving the students the performance event, students will need to have knowledge of the six basic food nutrients.

# Camp Winnebago Daily Specials

You and a partner are Directors of Food Services at Camp Winnebago. You will plan a three-day menu for 10-14 year-olds that is appealing, offers a variety of foods, and is nutritional. You may use a copy of the Food Pyramid to help you create the menu.



# MENU

# Scoring Guide

Knowledge of the food pyramid and the six basic nutrients. (H/PE 2)

- 4 I demonstrated a thorough and accurate understanding of the food pyramid and the basic nutrients.
- 3 I demonstrated a sufficient and, for the most part, accurate understanding of the food pyramid and the six basic nutrients.
- 2 I demonstrated an incomplete and/or flawed understanding of the food pyramid and the six basic nutrients.
- 1 I demonstrated little knowledge of and/or had severe misconceptions about the food pyramid and the six basic nutrients.

The ability to create a varied, appealing menu that provides a combination of foods to provide a nutritional diet. (4.7)

- 4 I selected a combination of foods that offer variety, are appealing, and provide a nutritional diet by including all of the required nutrients.
- 3 I selected a combination of foods that are appealing and provide for a nutritional diet by including substantial amounts of the required nutrients. The menu may lack variety.
- 2 I selected a combination of foods that may or may not be appealing, may or may not offer a variety, but includes only minimal amounts of all the required nutrients.
- 1 I showed no understanding of creating a nutritional menu.

Your ability to create an organized menu that presents the foods offered. (2.1)

- 4 I created an eye-catching, well-organized, colorful menu that presents all the foods offered.
- 3 I created a well-organized, colorful menu that presents all the foods offered.
- 2 I created a fairly-well organized menu that presents all the foods offered.
- 1 I created a menu that lacked organization and/or failed to present all the foods offered.