

Performance Task Blueprint

What content standard(s)/understanding(s) will be assessed through this task?

Students will demonstrate an understanding of a balanced diet.

What criteria are implied in the standard(s)/understanding(s) regardless of the task specifics?

What qualities must student products/performances demonstrate to reveal understanding/proficiency?

- understanding of a balanced diet
- nutritionally sound meal plan

Through what authentic performance task(s) will students demonstrate understanding/proficiency?

Task Overview (GRASPS)

Since we have been learning about nutrition, you have been asked to help other students your age learn about healthful eating. Your task is to prepare an illustrated brochure to help them to understand what a "balanced diet" is. Present two examples of nutritionally-balanced meals and explain why they reflect healthful eating. Describe and show three potential health problems that might arise as a result of poor eating choices. Explain how these problems could be avoided by following a proper diet.

What student products/performances will provide evidence of desired understanding/proficiency?

- illustrated brochure

*By which **primary** criteria will student products/performances be evaluated?*

- effective explanation of balanced diet
- examples accurately illustrate nutritionally sound meals
- examples correctly show potential health problems

*By which **secondary** criteria will student products/performances be evaluated?*

- neat and effective illustrations
- correct spelling/grammar

Steps in Designing a Draft Performance Task

A variety of worksheets have been provided to assist in the design of performance assessment tasks to provide evidence of student understanding. The following process illustrates a sequence for using the various UbD worksheets to develop a draft task.

