

**HEALTH
SMART
VIRGINIA**



**SAMPLE LESSON
PLANS**

Health Smart Virginia - Sample Lesson Plan

Grade 5- Health Promotion

Unit 8

SOLs:

- 5.2.D Interpret information on food labels.

Title: Restaurant Menu Performance Task

Objectives/ Goals:

- The student will interpret information on food labels to create a restaurant menu

Materials:

- Restaurant Menu Performance Task (includes rubric)

Procedure:

Step 1	Review the performance task before introducing it to your students.
Step 2	Pass out a copy of the performance task to each student and review the expectations of the project. Show students an example of a restaurant menu online. Review the expectation of research to find nutrition facts for meals. Most restaurants have their nutrition facts on their website. Assign a due date.
Step 3	Once complete, allow students to share their menu with the a classmate, among their table, or as a class (gallery walk).

Assessments, References & Sources: Mary McCarley, 2018

Restaurant Menu Performance Task

Imagine that you have opened a restaurant that contains some of your favorite foods from all different restaurants. Your restaurant will include your favorite meals and desserts but also healthier options for meals. Healthier options will often have lower calories and less saturated fat, sodium, and sugar compared to other items on the menu. In addition, these foods often contain more vitamins and minerals. To determine the health value of your meals, research the nutrition facts of meals at your favorite restaurants. Design a menu for your restaurant.

Part 1: Create a Restaurant Menu

Include the following requirements on your menu:

1. Name of your restaurant
2. “My Favorites” section on the menu
 - Include 2 of your favorite meals. For each meal, state the name of the meal and the following nutrition facts: calories, sodium, saturated fat, sugar. Option: Include other relevant nutrition facts.
3. “On the Lighter Side” section on the menu
 - Include 2 healthier options. For each meal, state the name of the meal and the following nutrition facts: calories, sodium, saturated fat, sugar. Option: Include other relevant nutrition facts.
4. “Side Items” section on the menu
 - Include 2 of your favorite side items and 2 healthier options. For each side item, state the name of the item and the following nutrition facts: calories, sodium, saturated fat, sugar. Option: Include other relevant nutrition facts.
5. “Dessert” section on the menu
 - Include 2 of your favorite desserts. For each dessert, state the name of the dessert and the following nutrition facts: calories, sodium, saturated fat, sugar. Option: Include other relevant nutrition facts.

Part 2: Reflection

After completing your menu, write an essay on a separate piece of paper describing what you learned. Include the following information in your essay:

- After examining the nutrition facts of restaurant food, what did you learn about the health value of these foods?
- Were your favorite meals healthy? Defend your answer.
- Was it difficult to find healthier options?
- Did you find it difficult to interpret food labels? Why or why not?

Performance Task Rubric

	Great Work 4	Good Job 3	Getting There 2	Not Quite 1
Requirements	All requirements are met and exceeded.	All requirements are met.	One requirement was not met.	More than one requirement was not met.
Content	Information is accurate and in-depth with details.	Information is accurate.	Most of the information is accurate but contains some factual errors.	Information includes several factual errors.
Organization	All work is neat and information is easy to understand.	Most work is neat and easy to understand.	Some work is neat and easy to understand.	Work is not neat and difficult to understand.
Grammar	There are few mistakes in grammar, punctuation, or spelling.	There are some mistakes in grammar, punctuation, or spelling.	There are several mistakes in grammar, punctuation, or spelling.	Product has little or no punctuation and/or correct spelling. Content is unclear due to excessive errors.
Effort	Work shows exceptional effort, planning, and pride.	Work shows good effort, planning, and pride.	Work shows basic effort, planning, and pride.	Work shows minimal effort, planning, and pride

Grading Rubric

20= 100%
 19= 97%
 18= 94%
 17= 91%
 16= 88%
 15= 85%
 14= 82%
 13= 79%
 12= 76%
 11=74%
 10= 71%
 9= 69%
 8= 66%
 7= 64%
 6= 62%
 5= 60%

