

## **Analyzing Influences California Health Standard 2**

All students will demonstrate the ability to analyze internal and external influences that affect health.

### **Characteristics of student work**

This skill category evaluates students' ability to analyze the influence of internal and external elements on health behavior (eating habits).

### **Guidelines**

Your assignment is to complete a three day food log; writing down everything that you had to eat and drink. This information will then be placed into a computer program and it will analyze your eating habit. You will then tell me based upon the information provided by the program if your diet was / is healthy or not and why.

### **Skill Cues**

Identifies and analyzes external factors

- Media
- Parents
- ethnic
- legal
- peers
- geographic
- societal
- technology

Identifies and analyzes internal factors

- curiosity
- interests
- desires
- fears
- likes/dislikes
- addresses interrelationships and complexity of influences
- presents variety of influences as appropriate

### **Assessment Project**

- Three day food log

### **Rubric**

- 4 The response shows evidence of the ability to apply health skills; the response is complete and shows proficiency in the skill.
- 3 The response shows evidence of the ability to apply health skills; the response is mostly complete but may not be fully proficient.
- 2 The response shows some evidence of the ability to apply health skills; the response may have inaccuracies or be incomplete.
- 1 The response shows little or no evidence of the ability to apply health skills.