

# **Ellsworth Middle School -- 7th Grade CHOICES Power Standards**

***Standard 1: Describes the interrelationship of physical, mental/emotional, and social health.***

Advanced(AD)	Proficient(PR)goal	Developing(DE)	Beginning(BE)
Critiquing and assessing others food sanitation and safety abilities.	Demonstrates and applies appropriate hygiene and sanitation techniques.	Identify good hygiene and prevent cross contamination.	Can explain hygiene and sanitation techniques.

***Standard 2: Analyzes the relationship between healthy behaviors and personal health, as well as understand the impact of outside influences on personal health.***

Advanced(AD)	Proficient(PR)goal	Developing(DE)	Beginning(BE)
Critiques others techniques on recipe preparation and with equipment.	Demonstrates proper recipe reading and kitchen equipment techniques.	Identifies various kitchen equipment techniques and can follow a given recipe.	Can explain how to properly use equipment and can follow a given recipe.

***Standard 3: Describes how internal influences can play a role in health choices.***

Advanced(AD)	Proficient(PR)goal	Developing(DE)	Beginning(BE)
Identifies problem and can modify project where needed with little assistance from instructor.	Produces a product that is properly constructed using proper pattern reading.	Demonstrates production and sewing skill sets to peers.	Identifies and applies skills used to construct sewing project.

***Standard 4: Recognizes positive social skills that help teens lead successful, healthier lives.***

Advanced(AD)	Proficient(PR)goal	Developing(DE)	Beginning(BE)
Identifies problem and can modify project where needed with little assistance from instructor.	Produces a product that is properly constructed using proper pattern reading.	Demonstrates production and sewing skill sets to peers.	Identifies and applies skills used to construct sewing project.

***Standard 5: Describes how physical fitness and personal food preferences relate to overall well-being.***

Advanced(AD)	Proficient(PR)goal	Developing(DE)	Beginning(BE)
Identifies problem and can modify project where needed with little assistance from instructor.	Produces a product that is properly constructed using proper pattern reading.	Demonstrates production and sewing skill sets to peers.	Identifies and applies skills used to construct sewing project.