

Preview Student
 Preview Teacher
 Preview Course

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 Printed: 2/10/2014
 76.2373

MHS English Rubric (4/2010) OVERALL GRADE: _____ Self Edit _____ Peer Edit _____ Adult Edit _____ Draft# (1) (2) (3) In-Class _____ Process _____

	THINKING	ORGANIZATION	CONTENT	COMPLEXITY	DICTION	MECHANICS
	<i>Development of ideas, clarity of purpose.</i>	<i>Arrangement and flow of logic.</i>	<i>Supporting details. (S.E.E.= State, Example, Explain)</i>	<i>Recognizing other points of view.</i>	<i>Use of language, sentence structure.</i>	<i>Spelling, punctuation, paragraphing.</i>
Exemplary = 5	Writer generates original ideas, provides a compelling thesis, synthesizes complex concepts, and offers keen insights.	Writer's theme/thesis and supporting evidence are presented clearly and artfully, enhancing impact. Both external and internal transitions maintain a logical coherence.	Writer's choice of supporting evidence is substantive and rich; sources are integrated in a sophisticated manner. Student states position, gives examples/ sources, and explains examples.	Addresses complexity by examining different perspectives on the issue, by evaluating the implications and/or complications of the issue, or by fully responding to counterarguments to the writer's position.	Writer's voice is clear. Varied and elegant sentences enhance impact. Rich effective vocabulary and figurative language.	Writing contains very few or no errors. Use of mechanics enhances meaning. Writer "breaks rules" artfully.
Commendable = 4	Writer demonstrates evidence of original thinking, offers a clear thesis, synthesizes concepts, and displays insight.	Writing contains clear focus and flow of logic, including an effective introduction and conclusion, and skillful transitions.	Writer's choice of content is interesting and meaningful, with effective details, integration of examples/sources, and explanation of examples.	The essay shows recognition of complexity by partially evaluating the implications and/or complications of the issue, or by responding to counterarguments to the writer's position. Development of ideas is specific and logical.	Writer demonstrates an awareness of the value of good sentence variety and generally rich language in enhancing meaning.	Writing contains few errors, sophisticated use of grammar and punctuation, and effective paragraphing.
Effective = 3	Writer attempts analysis, but demonstrates little or no original thought or insight; thesis is present, but weak.	Writer's focus is generally consistent; some attempt at flow of logic, but with limited success; adequate or formulaic transitions and/or introduction/conclusion.	Writer uses correct information and sufficient details to support focus, but content does not enhance meaning. Only some of the examples are explained.	The essay may show some recognition of complexity by providing some response to counterarguments to the writer's position.	Writing contains some sentence variety, correct word usage, and acceptable vocabulary, but lacks richness.	Writing features generally correct spelling, paragraph structure, and grammar. Errors do not interfere with meaning.
Approaches Effective = 2	Writer demonstrates general awareness of purpose, but central thesis is missing; no evidence of original thought.	Writer's focus is limited or too broad; organization is awkward and/or inconsistent; ineffective introduction and/or conclusion. Ineffective or inconsistent transitions.	Information is generally correct, but writing lacks sufficient details and/or some details fail to support focus. Explanation of examples is rare.	The essay may acknowledge a counterargument to the writer's position, but its development is brief or unclear.	Lack of sentence variety, limited vocabulary, errors in usage, and/or inappropriate use of first or second person.	Writing contains errors – in spelling, paragraph structure, grammar, and/or punctuation – that interfere with meaning.
Not effective = 1	Writer shows little or no understanding of purposes; thinking lacks coherence. Off prompt.	Writer's focus is unclear, with poor organization, lack of transitions, introduction and/or conclusion is missing.	Writing contains details that are confusing, irrelevant or repetitive; no integration of sources and/or no explanations.	There is little or no recognition of a counterargument to the writer's position.	Writing contains no sentence variety, some sentence fragments and/or run-on sentences; simplistic vocabulary.	Writing contains many errors in capitalization, spelling, punctuation, and/or paragraphing. Errors seriously interfere with meaning.
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Grains Unit Test

1. Why do whole grains need to be refrigerated? 0 1 2

2. This type of rice is the whole-grain form of rice
 - A White
 - B Brown
 - C Instant
 - D Wild

3. Which type of rice is the least nutritious
 - A White
 - B Brown
 - C Instant
 - D Wild

4. Why do manufacturers enrich their grain products? 0 1 2

5. What form of pasta is the most common and is shelf stable
 - A Dried
 - B Fresh
 - C Machined
 - D Liquid

6. What form of pasta is perishable, so it needs to be refrigerated
 - A Dried
 - B Fresh
 - C Machined
 - D Liquid

7. How should bread be stored for long (i.e. 2 months) storage
 - A On counter
 - B Refrigerator
 - C Freezer
 - D Humid location

8. Why does the water need to be boiling prior to adding pasta as well as while the pasta is cooking? 0 1 2



9. Why should you not rinse pasta or enriched rice

- A Causes mold to grow
- B Changes the texture
- C Causes them to lose flavor
- D Causes nutrient loss

True/False

- T F 10. Fresh pasta cooks in a fraction of the time dried pasta does
- T F 11. Instant forms of grains are higher in sodium than regular forms
- T F 12. Multigrain, cracked wheat, and 7-grain breads are the same as whole grain
- T F 13. If bread is labeled “wheat” it is whole-grain
- T F 14. All grains are cooked the same as rice
- T F 15. White rice takes longer to cook than brown rice
16. Should grains be rinsed before and after cooking? Why or why not? 0 1 2
17. How can you tell if rice is done cooking? 0 1 2
18. What does al dente mean and what is its purpose? 0 1 2
19. Why should rice and pasta not be stirred? 0 1 2
20. How does the texture of grains change when cooked in water? 0 1 2



Foods 1: Vegetable Exam

1. When preparing a dish with garlic why should you mince the garlic? 0 1 2

2. Where should the majority of vegetables be stored (except roots, tubers, and bulbs)
 - A Refrigerated in crisper or in perforated plastic bags
 - B Cool, dry place
 - C Cool, dark, dry place
 - D Refrigerated in airtight containers

3. Why should vegetables not be washed before storage unless completely necessary?
 - A You should wash them before storage
 - B Washing vegetables causes nutrient loss
 - C Texture is lost when washed
 - D Moisture encourages mold growth

4. This may indicate the presence of bitter, toxic compounds
 - A Sprouting potatoes
 - B Green potatoes
 - C Yellow potatoes
 - D Soft potatoes

5. This indicates that a root vegetable has been stored too long
 - A Green colors
 - B Bruises
 - C Sprouting
 - D You cannot store root veggies too long

6. Tubers should be stored
 - A Refrigerated in crisper or in perforated plastic bags
 - B Warm, damp place
 - C Cool, dark, dry place
 - D Refrigerated in airtight containers

7. Why should you not wash veggies by soaking them in water?
 - A Causes nutrient loss
 - B Causes mold to grow while washing
 - C Causes texture to be lost
 - D You should soak vegetables when washing



8. If you would like to keep cut vegetables on hand how should you store them
- A Uncovered in the refrigerator
 - B On the counter in the open
 - C In an airtight container on the counter
 - D Covered in the refrigerator with ice cubes or cold water
9. What should happen to the color of vegetables when cooked
- A Remain colorful
 - B Become dull
 - C Change colors
 - D All veggies stay the same color when cooked
10. What should happen to the flavor of vegetables when cooked
- A Becomes more bitter
 - B Become less palatable
 - C Become more mellow and delicious
 - D Lose flavor
11. What happens to the texture of vegetables when they are cooked
- A Become more crisp
 - B Cell walls soften making them more tender
 - C Become mushy
 - D Stay the same
12. What happens to the texture of vegetables when they are overcooked
- A Become more crisp
 - B Cell walls soften making them more tender
 - C Become mushy
 - D Stay the same
13. How should you clean tender vegetables
- A Scrub with a stiff brush
 - B Soak in detergent
 - C Soak in water
 - D Wash under cool, running water

True or False:

- T F 14. Vegetables are an important source of fiber, carbohydrates, and phytochemicals
- T F 15. Some vegetables may lower the risk of some cancers and heart disease



Short Answer

16. Ms. Pipikios is planning to make a carrot cake, she is not planning to wash the carrots because she is peeling them anyhow. Evaluate this decision.

0 1 2

17. Why should you not store potatoes and onions together?

0 1 2

18. What are two things to look for when choosing quality vegetables?

0 1 2

19. Why are vegetables generally highest in quality when they are lowest in price?

0 1 2

20. Why is steaming a nutritious way to prepare vegetables?

0 1 2



Parenting and Child Development
Pregnancy Unit Test

1. When the fetus moves further down into the pelvis this is called
 - (A) Crowning
 - (B) Lightening
 - (C) Contractions
 - (D) Water Breaking

2. What are two exercises to avoid while pregnant? (0) (1) (2)

3. What is one benefit to exercising while pregnant? (0) (1) (2)

4. What occurs internally when a woman's water breaks? (i.e. where is it coming from) (0) (1) (2)

5. What is a miscarriage? (0) (1) (2)

6. What is the typical weight gain for a pregnant woman?
 - (A) 5-10 lbs
 - (B) 10-26 lbs
 - (C) 24-30 lbs
 - (D) 30-48 lbs

7. When the mucus plug in the cervix dissolves this is the _____.
 - (A) Lightening
 - (B) Contractions
 - (C) Water Breaking
 - (D) Bloody Show

8. When the egg implants in the fallopian tube it is called a(n) _____.
 - (A) Endometric Pregnancy
 - (B) Ectopic Pregnancy
 - (C) Fallopian Pregnancy
 - (D) All eggs implant in the fallopian tube



9. In the type of pregnancy in question #8 can the pregnancy be carried to term (9 months)?

- (A) Yes
- (B) No

10. The tightening and loosening of the uterine muscles to push the baby towards the cervix are _____.

- (A) Crowning
- (B) Lightening
- (C) Contractions
- (D) Bloody Show

11. What is ultrasound imaging?

- 0
- 1
- 2

12. False labor contractions are known as _____ contractions.

- (A) Uterine
- (B) Fetal
- (C) False Embryonic
- (D) Braxton Hicks

13. What is amniocentesis?

- (A) Taking cells from the umbilical cord for testing
- (B) Taking fluid from the bladder for testing
- (C) Taking amniotic fluid for testing
- (D) Taking cells from the placenta for testing

14. What is chorionic villi sampling?

- (A) Taking cells from the umbilical cord for testing
- (B) Taking fluid from the bladder for testing
- (C) Taking amniotic fluid for testing
- (D) Taking cells from the placenta for testing

15. What is one benefit to donating an umbilical cord?

- 0
- 1
- 2



16. What is an episiotomy? 0 1 2
17. What is a cesarean birth? 0 1 2
18. What is one reason a woman may have a cesarean birth? 0 1 2
19. What is dilation? 0 1 2
20. What is effacement? 0 1 2
21. What is it called when the head appears at the opening of the birth canal?
- A Crowning
 - B Lightening
 - C Contractions
 - D Bloody Show
22. How many weeks is a baby carried for if carried for the full term? 0 1 2
23. What is considered a premature birth? 0 1 2
24. After a woman's water breaks how long do they have to deliver the baby to protect it from infections?
- A 5-10 hours
 - B 10-16 hours
 - C 16-24 hours
 - D 24-48 hours



25. What does FAS stand for? 0 1 2
26. What does FASD stand for? 0 1 2
27. Are FAS & FASD preventable? If so how can it be prevented? 0 1 2
28. Prescription and over the counter medications can be harmful to a fetus
- A True
 - B False
29. Describe two traits a baby who is born addicted to drugs might have/show at birth. 0 1 2
30. Name two physical features of infants with FAS. 0 1 2
31. What is gestational diabetes? 0 1 2
32. What nutrient do pregnant women need to take to help their babies spinal cord develop properly as well as to help prevent birth defects?
- A Vitamin A
 - B Vitamin C
 - C Folic Acid
 - D Iron
33. What is an epidural?
- A Prenatal testing
 - B Pain relief shot
 - C Pain relief via a catheter
 - D Postnatal testing



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34. What is the third stage of labor?

- Ⓐ Connecting with the baby after delivery
- Ⓑ Delivering the placenta
- Ⓒ When the baby is crowning
- Ⓓ Between contractions and pushing

35. What is generally the first sign of pregnancy?

⓪ ⓫ ⓬

36. What type of doctor specializes in pregnancy and childbirth?

⓪ ⓫ ⓬

37. ESSAY.

⓪ ⓫ ⓬ ⓭ ⓮ ⓯ ⓰ ⓱ ⓲

Please write a brief essay on a healthy pregnancy. Include information from all topics discussed thus far in the Pregnancy Unit. Include healthy practices (what the woman should do) as well as things that the woman should avoid. Be thorough in your explanations of the benefits and the risks involved in doing or not doing these things.



