**Did you have a smart start?**

We have been discussing the importance of eating breakfast and now it is your turn to share everything you have learned with others. Using your class handouts, worksheets and the available textbooks you are to pick a spokesman (eg. Sonic the Hedgehog) for you promotional poster and **write** a paragraph that explains why your character would choose to and need to eat breakfast each day. Using notes that you are about to create you will write a brief paragraph from the perspective of your chosen campaign “star” then place this paragraph and a hand drawn colored picture onto one 8.5 X 10” white piece of paper. To grab the reader’s attention you’ll need a catchy slogan such as: “Did you have a smart start?” Feel free to make up your own!

Steps to completion:

1) Decide on your spokesman (person, animal etc) then think about who they are and what they do. (Eg. Sonic is always stopping the evil Dr. Eggman and can run at super speed. He has a group of friends that fight evil together and Sonic likes to spend time with his friends etc.)

2) Create a page of notes that you will use to write your paragraph. Include the following:

* 3 reasons why your spokesman needs to eat breakfast (thoroughly explained how / why)
* What is your spokesman’s favorite complete breakfast choice for the morning and what makes it a complete breakfast?
* Identify 2 important nutrients found in the breakfast example. What benefit do these nutrients help their body with?
  + Eg. Sonic the hedgehog eats eggs as part of his complete breakfast because he needs the \_\_\_\_ from the eggs in order to be able to \_\_\_.
* What happens to your spokesman when they skip breakfast?
* Come up with 2 ways your spokesman makes sure that they never miss breakfast without needing help from others

3) Create a paragraph written from the perspective of your spokesman which includes all of the above notes.

Eg. Every day Dr. Eggman comes up with some new way to be evil so I have to be ready for anything. I start each day with breakfast because breakfast helps me \_\_\_.

You may choose to use your phone to type out your paragraph but you need to be able to save it and email to yourself so that it can be printed out for our next class. I am happy to print out the assignment for you if you send it a day in advance. My email address is **Jennens\_c@surreyschools.ca**

4) Have **2 classmates** proof read it and provide feedback on the **Peer Editing Form** provide. Now incorporate their feedback into a second draft.

5) Plan your layout so that your title such as “Did you have a smart start?” stands out and you have room for your paragraph, a hand drawn picture and your name. (you are welcome to think of your own title)

MCFD01025_0000[1]6) Complete a final draft of your paragraph and print it out / or hand write it, draw (trace) & color your spokesman picture and place your title on the page.

7) Erase all pencil and put you name on the front.

8) Attach this mark sheet, hand in your first draft and your final project. Congrats you are done!

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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|  | **Proficient** | **Competent** | **Developing / Emerging** |
| Importance of Breakfast | A thorough understanding of why breakfast is important has been demonstrated. All information is correct and well explained. | Demonstrates an understanding of the importance of breakfast through the use of 3 different reasons. All important Information is present and correct. | A shallow understanding about breakfast is provided. Some important information is missing and or incomplete. More research is required. |
| Complete Breakfast | A thorough understanding of what a complete breakfast looks like is demonstrated with a detailed example and explanation. | A complete breakfast is defined. An  example of a healthy complete breakfast is provided. All information is correct | A partial understanding of what a complete breakfast looks like has been provided. Some food groups are duplicated or missing. Not all foods are heathy |
| 2 Nutrients | 2 key nutrients are identified. A thorough understanding of each of the nutrient’s nutritional importance in the body is demonstrated. Research was conducted and all information is correct and well explained. | 2 nutrients provided by the complete breakfast are identified and their nutritional benefits are explained. | A shallow understanding about the nutrients found in breakfast is provided. Some important information is missing and or incomplete. More research is required. |
| Skipping breakfast | A thorough understanding of what happens to someone that skips breakfast has been demonstrated. All information is correct and well explained. | Demonstrates an understanding of what happens to someone that skips breakfast. Information is present and correct. | A shallow understanding of what happens to someone that skips breakfast is demonstrated. Some important information is missing and/or incomplete. More research is required. |
| Strategies for Eating Breakfast | Practical strategies are provided that demonstrate how someone can prevent skipping breakfast without relying on others. | 2 different ways to prevent missing breakfast are provided. | Strategies are missing or do not demonstrate how someone can take responsibility for eating breakfast on their own. |
| Peer Feedback | Peer feedback was collected. Several drafts have been submitted and display a significant progression of changes using peer feedback. | A draft was edited by peers. Some attempt has been made to use suggestions provided through editing into a final draft. | No rough draft is submitted. It does not appear that changes were made before submitting the final project. |
| Writing Style and Organization | Style of writing used clearly reflects how your chosen spokesman would talk. Their personality comes through. Paragraph creates interest through details and varied sentence structure. Flows logically and contains many creative details and/or descriptions that contribute to the reader's enjoyment. | The paragraph is written in the perspective of the spokesman using “I” statements. Their personality comes through sometimes. Sentences are complete and format is varied. Flows logically and stays on topic. The writing contains a few creative details and/or descriptions that contribute to the reader's enjoyment. | Not written from the perspective of your spokesman. Spokesman’s personality does not come through. Language is generic. All sentences are started the same way. Information is randomly arranged and hard to follow. Disorganized. Sentences are not complete. Information is placed into lists. Creativity is missing |
| Spelling  Grammar  Punctuation | Accurate spelling, grammar and punctuation. Has been proofread several times. | Most spelling mistakes are corrected. Minimal grammar or punctuation mistakes are made. Has been proofread. | Many errors in grammar and spelling. Run on sentences and lack of punctuation. Awkward sentences. Would have benefited from having project proofread. |
| Picture | A detailed illustration is drawn and shows creativity. Picture is attractive and has a connection to eating breakfast. | A hand drawn or traced picture is included of the spokesman. Picture is colored. | Illustration is printed from computer and color has been added or illustration is traced and has no color added. |
| Layout | The poster has a professional appearance with **all elements** placed purposefully. Poster is readable, clean, neat and attractive. It is free of erasures and crossed-out words. It looks like the author took great pride. Title grabs reader’s attention and connects well to the written content. | The poster has a neat appearance. Layout allows for **paragraph**, **picture**, **name** and **title** to all be present and read. All pencil has been erased. Only one side of the 8.5 X 10” white piece of paper has been used. | More time and attention to details such as placement, color and required elements would have made the project appear more finished. Title, name and/or other elements need more attention. Elements are missing and/or do not stand out. Pencil has been left on the final project. |

* + I start each day with \_\_\_\_\_ for breakfast because \_\_\_\_
  + I used to skip breakfast but found when I did \_\_\_\_\_
  + My favorite foods for breakfast are \_\_\_\_
  + To make sure I don’t miss another important breakfast I \_\_\_\_\_