

Short Answer Question

Ye-Jun eats as much as he wants. He doesn't always eat healthy. He walks 1 mile to school every day. Other than that, he sits around the house watching TV.



Is Ye-Jun's lifestyle a healthy one? ✓

Yes No

Why or why not? Type your answer in the box below.

1/2

Reading Passage



Exercise Benefits for the Body

- STRONG MUSCLES
- STRONG HEART AND LUNGS
- LESS RISK OF DISEASE
- HELPS YOU TO RELAX
- LOSE WEIGHT
- LOOK BETTER
- FEEL BETTER ABOUT YOURSELF

Fill in the Blank

Fill in each blank with the correct word(s) from the reading. Type the missing word in the boxes.

One way to manage your is by going on a . The

of this is to lose weight. Another way to lose weight is by .

This lets you calories. This will help you weight. Know

your and don't push yourself too hard.

1/7

Marking Rubric

Name:

Marking Rubric

	Level 1	Level 2	Level 3	Level 4
Understanding Concepts ✓	Demonstrates a limited understanding of the concepts. Requires teacher intervention. <input type="checkbox"/>	Demonstrates a basic understanding of the concepts. Requires some intervention. <input type="checkbox"/>	Demonstrates a good understanding of the concepts. Requires no intervention. <input type="checkbox"/>	Demonstrates an excellent understanding of the concepts. Requires no intervention. <input type="checkbox"/>
Responses to the text ✓	Expresses responses to the text with limited effectiveness; inconsistently supported by proof from the text. <input type="checkbox"/>	Expresses responses to the text with some effectiveness; supported by some proof from the text. <input type="checkbox"/>	Expresses satisfactory responses to the text with some effectiveness; supported by satisfactory proof from the text. <input type="checkbox"/>	Expresses thorough responses to the text with some effectiveness; thoroughly supported by proof from the text. <input type="checkbox"/>
Analysis of Concepts ✓	Interprets various concepts from the text with limited, unrelated details and incorrect analysis. <input type="checkbox"/>	Interprets various concepts from the text with some details but also some incorrect analysis. <input type="checkbox"/>	Interprets various concepts from the text with satisfactory details and good analysis. <input type="checkbox"/>	Interprets various concepts from the text with excellent details and thorough analysis. <input type="checkbox"/>
Application of Concepts ✓	Demonstrates a limited ability to apply various concepts from the text to activities, discussions, and situations. <input type="checkbox"/>	Demonstrates a basic ability to apply various concepts from the text to activities, discussions, and situations. <input type="checkbox"/>	Demonstrates a satisfactory ability to apply various concepts from the text to activities, discussions, and situations. <input type="checkbox"/>	Demonstrates a strong ability to apply various concepts from the text to activities, discussions, and situations. <input type="checkbox"/>

Total Score = /27