



PHED 1164  
Introduction to Physical Fitness and Wellness  
Rubric: Pantry Detective  
*Core Objective: PR, CT, SR | SLO: 2, 3 & 5*

**GOAL:** The purpose of this activity is to determine whether or not the foods at your home are healthy or unhealthy. I will not be grading you on the health of your foods. Rather, you will be grading yourself.

**INSTRUCTIONS:** You are to find 10 items with a food label. Nothing with a food label is out of bounds, even if it is not a complete meal. Using the food label you are to grade your food as 'Healthy' or 'Unhealthy'. You are to make this determination based on the calories from fat, sugar content, cholesterol, sodium, and whether or not you are likely to exceed RDI values for sugar, cholesterol, or sodium by consuming that food.

**SUBMISSION:**

What you will submit is a word document with a time-stamped picture of the food label and captioned underneath, your 'Healthy' or 'Unhealthy' grade based on the parameters above. If it is healthy, state why. If it is unhealthy, state why. ex. "This is white rice, not whole grain brown rice." Or "This food has only 20% of it's calories from fat and a reasonable amount of sodium."

**GRADING:**

All activity grades are worth 10 points and are completion grades, meaning the only 2 assigned grades are pass/fail, 0 or 10