

**ESL 11 - HEALTHY CHOICES
AY 2006 - 2007**

11.0 A CVU graduate makes informed, healthy choices that positively affect the health, safety, and wellbeing of self and others.

Standard of Performance	Exceeds the Standard	Achieves the Standard	Nearly Achieves the Standard	Little Evidence or Below the Standard
11.1 Components of Wellness	Identifies the components of health – physical, emotional, intellectual, spiritual, occupational – and can describe their inter-relationship. Can explain the major and subtle factors that impact wellbeing.	Identifies the components of health – physical, emotional, intellectual, spiritual, and occupational. Understands the major factors that impact wellbeing.	Recognizes the components of health and, with prompting, can name some of the major factors that impact wellbeing.	Demonstrates little or no knowledge of the components of health and factors that impact wellbeing.
11.2 Behaviors and Choices	Evaluates and analyzes the impact of behaviors on one’s health; uses this information to enhance behaviors that will contribute to life-long health for self and others.	Recognizes behaviors that affect health, safety, and well-being of self and others. Makes conscious choices regarding health of self and others.	Identifies a variety of behaviors that affect health, safety, and well-being.	Demonstrates little or no awareness of how behaviors affect health, safety, and well-being.
11.3 Wellness Resources	Locates, evaluates, and selects health information, products, and services that best suit the needs of the situation, while taking into account cost, accessibility, and validity of the information, product, or service for self and others.	Locates, evaluates, and selects health information, products, and services that suits the needs of the situation.	With prompting, locates, evaluates, and selects valid health information, products, or services that suits the needs of the situation.	Demonstrates little or no ability to locate, evaluate, and select valid health information, products, or services that suits the needs of the situation.