



Practical Performance 1 (Let's Break the Food!)

Student Name		Grade 11 (Gen)	
Date		Mark	

The learning outcomes which are covered in the task:

- Recognize basic parts involved in eating (mouth, teeth, stomach)
- Show that food needs to be broken into small pieces
- Identify that food gives the body energy (feel strong/play)

Materials :

- Soft bread or biscuit
- Plastic cup
- Water
- Spoon



Student Instructions

1. 👁️ Look at the food (bread/biscuit)
2. 🖐️ Break it into small pieces (use hands or spoon)
3. 💧 Put it in water (cup)
4. 🥄 Mix it
5. 👁️ Watch what happens

Look 👁️ | Break 🖐️ | Mix 💧 | Watch 👁️

1. Where does food go first?

👄 Mouth

👤 Stomach

🖐️ Hand

2. What breaks food?

🦷 Teeth

👁️ Eyes

👂 Ears

3. What happened to the food?

🍪 ➡️ Small

🍪 ➡️ Big

🍪 ➡️ Hard

4. Easy to swallow?

😊 Yes

😞 No

5. Food gives us:

💪 Energy

😴 Sleep only

Match (Draw a line)

🦷 Teeth
👄 Tongue
💧 Saliva

Move food
Soften food
Break food

Assessment Rubric (Out of 20)

Criteria	5 (Excellent)	4 (Good)	3 (Basic)	1-2 (Emerging)	Mark
Participation	Completes all steps with support	Completes most steps	Partial participation	Needs full support	
Observation	Notices changes clearly	Notices some changes	Limited noticing	No response	
Recognition	Identifies mouth/teeth correctly	Identifies with help	Partial recognition	Cannot identify	
Understanding	Shows idea of "small food easier"	Some understanding	Limited	No understanding	
Total/20					