**Health and Wellness Assignment**

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| Marking Requirements | Excellent(10) | Good(9, 8, 7) | Satisfactory(6, 5) | Not Meeting Expectation (4, 3, 2) | Project is Incomplete (0) |
| Health Illness Overview- Causes and effects | Detailed description and definition of the illness you have selected. Why it is important, and it’s effects. Contains an accurate definition and 4 or more accurate facts on importance/Effects | Sufficient information provided based on the requirement. Contains accurate definition and three accurate facts on importance/ effects | Basic information provided based on the requirement. Contains accurate definition and two accurate facts on importance/ effects | Insufficient or inaccurate information provided based on the requirement | This section is not complete |
| Preventative measures | Detailed description of preventative measures- Diet and lifestyle. Contains four or more accurate preventative measures | Sufficient information provided based on the requirement. Contains three accurate preventative measures | Basic information provided based on the requirement. Contains two accurate preventative measures. | Insufficient information provided or information not pertaining to requirement | This section is not complete |
| Coping mechanisms and words of encouragement | Description on methods to cope with illness and words of encouragement. Contains three or more relevant and helpful facts. | Sufficient description on methods to cope with illness and words of encouragement. Contains two or more relevant and helpful facts | Basic description on methods to cope with illness and words of encouragement. Contains one or more relevant and helpful fact | Insufficient or irrelevant or unhelpful methods to cope with illness or contains no words of encouragement | This section is not complete |

\*The Works Cited will be worth 20

Total:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/50