**Assignment (2 Parts)**

Theme: Coat of Arms & Term Goals

Due: End of Class

Criteria:

1. Design a Coat of Arms for your first page in your doutang. Your mark will be based on the chart below. It must be creative and colourful. The bottom section is all about you. The other two sections need to represent your food choices and wellness/self-care (examples: exercise, yoga, walking the dog, etc.) A minimum of five pictures or symbols are necessary for each section to be complete.
2. Please insert your term goal for Foods class in the ribbon section. Please include a percentage mark to strive for.

Evaluation:

|  |  |  |
| --- | --- | --- |
| 5 | 4-3 | 2-1 |
| Meets all of the criteria.  Creative and colourful. | **Have most of the criteria. May be missing one or two items.** | **Incomplete** |