



NeSA Text Dependent Analysis (TDA)
2016 Released Passage

Grade 7
Passage: Labels for Life

Scoring Guide

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

Throughout the passage, "Labels for Life" the author uses many key details to support the idea that "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." To begin, the author talks about how you make better choices when purchasing or consuming foods after reading a food label. If you know how to read one, you know how certain foods will affect your body. The author also supports the statement when they said, "Nutrition labels educate you about what you are eating. You may not have noticed that some canned soups contain high sodium levels or that many brands of peanut butter are loaded with sugar." In this statement it proves that you learn to think before you eat. This idea is again supported when the passage tells you to be wary of a food's packaging. If a food's packaging claims that it is "healthy", read the nutrition label to see for yourself. It is easy to make the mistake of not looking carefully enough at a food and its labels.

Along with warning you to read the label and find out what you had been missing within certain foods, the author supports the idea that nutrition labels help you make better choices and learn about the key elements of nutrition when they state that labels can provide information about nutrients you need most. In the text it says, "Labels can help you to identify the foods that are packed with nutrients like fiber, iron, calcium, or vitamin C." Nutrition labels don't just assist in avoiding unhealthy ingredients. You will want to check which foods will be high in certain nutrients you might need. This is important when making better choices.

Throughout "Labels for Life", the author does a great job of informing about the key elements of nutrients. Beginning with the negative ingredients found in foods, the author talks about calories and how you can find them at the top of each nutrition label. It is also mentioned that the amount of calories needed each day varies from person to person depending on gender, weight, and amount of physical activity. It also explains calories and how different amounts mean different things. "A serving that has fewer than 100 calories can be considered low in calories, while a serving that has 100 to 300 calories contains a moderate amount of calories. Foods with 400 or more calories in a serving can be considered high in calories." Other ingredients the author warns about are fat, cholesterol, sugar, and sodium. The passage is very effective when mentioning what types of nutrients you should limit.

"Labels for Life" continues with the author explaining positive key elements. It begins when talking about carbohydrates. This is the body's main source of energy, but if eaten too much can be unhealthy. The author also mentions that you should, "Stay keen on protein." This nutrient will fuel you through your day. It is found in all meat products, beans, legumes, nuts, and dairy products. They also support with the importance of vitamins. This would include vitamin A, vitamin C, calcium, and iron. All of these nutrients should be a part of your daily intake.

To conclude, the author does an effective job of supporting the idea that "Learning to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." They inform about positive nutrients, negative nutrients, and being careful when choosing your food. It teaches that you should think before purchasing or consuming.

3589/6000

Score Point 4

This response demonstrates exemplary analysis of text, use of evidence, and writing skills. The response thoroughly addresses all parts of the task and demonstrates thorough understanding of the text by thoroughly analyzing explicit ideas (*you make better choices when purchasing or consuming foods after reading a food label...the author does a great job of informing about the key elements of nutrients*) and implicit ideas from the text (*the author uses many key details to support the idea...If you know how to read one, you know how certain foods will affect your body...you learn to think before you eat*). Well-chosen evidence is integrated into the response to thoroughly support the analysis, using accurate and relevant paraphrases and quotes that attribute information to the text. The response is well-focused and includes a purposeful introduction, body, and conclusion. Transitions are purposefully used throughout the response to connect the ideas (*To begin...The author also supports...This idea is again supported...Along with warning you to read the label and find out what you had been missing...Beginning with..."Labels for Life" continues with...To conclude*). Content specific vocabulary enhances ideas. Conventions of standard English are thoroughly demonstrated.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

The author supports their statement throughout the paragraph by giving information about different things you need to learn to understand the nutrition label. The author first starts off by telling us how we can make better choices, then goes in to tell us about how different people need different types of diets. Lastly, he/she gives information about the different categories on the nutrition label individually.

First, the author explains why we should make healthier and smarter choices. They say, "Nutrition labels provide information about foods and the nutrients you need most. Nutrition labels don't just help you avoid the unhealthy ingredients; they also help you choose that are high in specific nutrients." By telling us this the author is explaining how we can read the nutrition label to help make better choices.

To help the reader make better choices individually the author compares active people to inactive people. "If a person is especially active, he or she might need more than 2,000 calories per day to stay energized; meanwhile someone who is more sedentary might need fewer than 2,000 calories per day." This helps to let the reader know that not everyone will make the same healthy choices, depending on their lifestyle.

Lastly the passage gives information about each category to better describe each nutrient on the nutrition label in detail. "Calories count. Near the top of the nutrition label, you'll find the number in each serving of that food." After it describes calories in more detail it later goes on to tell about the other bad things. "Watch out for fat, cholesterol, and sodium." Then, the author goes into more detail into those nutrients to help the reader better understand which nutrients are good for them and which should be avoided.

I think the author did a good job supporting their claim throughout the passage. They helped the reader to make smarter choices by explaining the importance of making better choices, and then went on to compare different lifestyles to help better adjust to their own, and lastly the author gave information about each nutrient on the nutrition label so the reader know which ones are good for them and which should be avoided.

2216/6000

Score Point 3

This response demonstrates effective analysis of text, use of evidence, and writing skills. The response addresses all parts of the task (*The author supports their statement throughout the paragraph by giving information about different things you need to learn to understand the nutrition label*) and demonstrates understanding of the text by analyzing ideas discussed by the author (*how we can make better choices... how different people need different types of diets... the different categories on the nutrition label*). Explicit ideas (*the author is explaining how we can read the nutrition label to help make better choices*) and implicit ideas (*not everyone will make the same healthy choices, depending on their lifestyle*) from the text are analyzed. Specific evidence from the text is effectively integrated into the response, using relevant and accurate details that support the analysis. Both the analysis and use of evidence are effective. Paraphrases and quotes attribute information to the text. The response is well-focused and includes a clear introduction, body, and conclusion. Transitions throughout the response connect the ideas. Content-specific vocabulary from the text is utilized. Few errors in conventions do not interfere with meaning.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

In "Labels For Life", the author states "Learning how to read a nutrition label is not only a great lesson in the key elements, but it's also a great way to learn about making better choices." The author supports this statement throughout the passage in many different ways. The author talks about when the nutrition label was made, how to read it, and how it impacts your diet choices. He also tells us how we know which diet is good for us. During this passage, the author describes how the label impacts our choices.

In "Making Smarter Choices", the author claims that we may have not noticed how some of our favorite foods may be packed with sugar and other unhealthy things that we may have not known before. Now, because of this statement, we know that maybe too much peanut butter may be a bad thing! The author also says that the nutrition label tells us what the product actually contains, and that even if the producers tell us that their product is "all natural", they may be stretching the truth. The author also tells us nutrients that we should consume. The author explains that the nutrition label also tells us good things like fiber, iron, calcium, and vitamin C.

In the rest of the passage the author gives us many other examples and choices we can make to benefit our health. For example, the author tells us that the nutrient levels on the label is not the amount in the whole product. It is only the amount per serving. This is how some producers try to get us to buy more of their food thinking it's healthier than other brands. Now because of the author we know how to really determine which is healthier than which.

The author also tells us what is a high amount of these nutrients and what are low amounts of each nutrient. Also the author describes to us how different lifestyles need different amounts of nutrients. The author says that a more active person could need more than 2,000 calories a day, while a less active person needs less than 2,000 calories a day. With this information, we can find out what our needs are based on our lifestyle. This helps impact our choices on what we eat.

The author did come through with his statement. With his help, the readers now have an idea in how to make better choices. The author supported his statement throughout the story. He gave us ideas on how to live a healthier lifestyle, and how we determine which diet is right for us. Now I know how to make better choices, and so do the other readers, on how to eat and have a healthy lifestyle.

2549/6000

Score Point 3

This response demonstrates effective analysis of text, use of evidence, and writing skills. The response addresses all parts of the task and demonstrates understanding of the text by analyzing how *"the author describes how the label impacts our choices."* Explicit and implicit ideas from the text are analyzed (*The author also tells us nutrients that we should consume...Now because of the author we know how to determine which is healthier than which...With this information, we can find out what our needs are based on our lifestyle. This helps impact our choices on what we eat...Now I know how to make better choices, and so do the other readers, on how to eat and have a healthy lifestyle*). Specific evidence from the text is integrated into the analysis using details and examples. The response is focused and includes a clear introduction, body, conclusion, and transitions. Content-specific vocabulary from the text is used. Errors in conventions seldom interfere with meaning.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

In this essay the author makes his point by describing how we can stay healthy, giving us information about calories, and explaining what we need more/less of.

They tell us how we can stay healthy by reminding us that just because the package says it's healthy does not mean it really is. They say labels can help to decide on the best choice of food. They also tell us that we should learn about nutrients. Nutrients are healthy and we need them to survive, so they explain that certain foods can be higher or lower in nutrients. This quote also gives an explanation to how the author tells us how we can stay healthy, "You can use the official nutrition labels to discover the amounts of calories, fat, sodium, and sugar in each option and then select the one that is the healthiest." They also use the quote, "How can a person determine which foods are truly healthy? One way is to learn how to read a nutrition label."

The author also includes calorie count as one of their topics. They tell us that the calorie count can vary depending on the activities you do, if you're male or female, and other things. Going into detail with the varying calorie count, it can also play a role with your diet. The author explains that percentages on a label are based on a 2000 calories diet. Someone who exercises daily, or more than average might need some more calories to stay full of energy. Countering this, someone who doesn't exercise might need less calories than the 2000 diet. The author also gives us the normal amount of calories which is 100-300. Low is 100 and less, and high is 400 or more. This quote is from the author's paragraph on calories, "Again, the number of calories needed each day varies from person to person depending on activity level, gender, and other factors."

The author gives us information on what we should get more/less of. The author warns us to keep fat, cholesterol, and sodium at a low amount. The author tells us that too much can be harmful overtime. In contrast, the author depicts vitamins A and C, calcium, and iron, to be very healthy and states that the more we have the better. They also claim that we should eat plenty of protein to strengthen our muscles and maintain energy levels. A quote from the essay, "Watch for fat, cholesterol, and sodium. These nutrients are listed in the next section of the label and are generally nutrients that you should aim to limit." Another quote is, "Vitamins to the rescue! ...Many American diets are low in these nutrients, so the higher percentage here, the better."

Overall I explained how the author makes his point by describing how we can stay healthy, giving us information about calories, and explaining what we need more/less of. I think the author made an excellent point, and I think that mostly everything in their essay supported their main idea.

2881/6000

Score Point 3

This response demonstrates effective analysis of text, use of evidence, and writing skills. This low 3 response partially addresses the task and demonstrates understanding of the text by analyzing how the author supports the idea that learning to read a nutrition label is "a great lesson in the key elements of nutrition." The response only partially connects this main idea of the passage to an analysis of how learning to read nutrition labels is "also a great way to learn about making better choices" and the implicit ideas from the text (*they tell us how we can stay healthy... the author gives us information on what we should get more/less of*). Explicit ideas from the text are thoroughly analyzed (*just because the package says it's healthy does not mean it really is...someone who exercises daily...someone who doesn't exercise...we should eat plenty of protein to strengthen our muscles and maintain energy levels*). Specific evidence is integrated into the response through the use of details, examples, and quotes. Relevant and accurate evidence partially supports the analysis. Paraphrases and quotes attribute information to the text. The response is focused and includes a clear introduction, body, conclusion, and transitions. The response partially demonstrates an organizational pattern and mode suited to the task; a clearer link of ideas back to a clearly stated thesis would strengthen this response. Content-specific vocabulary and precise word choice are utilized. Errors in conventions seldom interfere with meaning.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

Ever thought of what you consume, effects your everday life? In "Labels For Life," the author tries to lead the reader into making healthier disicions. The author supports this by explaining which type of food can have an effect on your health. What's healthy or not, or what foods you have too much of, and also can decide whether your body is getting the right nutrients. These nutrients can effect everything including your health, and even your mood.

Getting enough protein everyday can make your energy levels high or low, and develops healthy muscles if consuming a good amount. You may be really tired one day, but that is most likely because you are not eating the right type of foods and nutrients. Reading the nutrition label of foods tells you how high or low something is in nutrients. When you buy something at the store, some people think that the whole product is what the nutrition label reads. That is false. There can be many servings in one food prouct, not the whole food product is a serving.

Don't be fooled when a food label reads, "All Natural". Some companies will try to trick the buyer into thinking that just because it says all natural on the front, doesn't mean they aren't lying of what ingredients are really in the product. The author is also trying to tell us that some food companies try to trick the buyer with the front label. Most consumers don't look at the nutrition label on the back and just rely on what the front says.

Your health is extremely important for everything you do. On the nutrition label, it lists all the vitamins the product has and all the percentages of the food that is based on a 2,000 calorie diet. Unhealthy things in your food are saturated fat, trans fat, sodium, and sugars. The author says that it is not healthy to eat all these things everyday and you must to limit them. If the consumer can't tell what is a healthy choice of foods, read the nutrition label and find the percentages. This will extremely help the consumer to make healthier options and be more aware of what food is actually healthy.

2148/6000

Score Point 2

This response demonstrates partially effective analysis of text, use of evidence, and writing skills. The response partially addresses the task. A partial understanding of the text is demonstrated through partial analysis of mostly explicit ideas from the text (*Reading the nutrition label of foods tells you how high or low something is in nutrients...If the consumer can't tell what is a healthy choice of foods, read the nutrition label and find the percentages*). Some relevant and accurate information from the text partially supports the analysis and evidence is partially integrated. The response is partially focused, with an introduction that broadly establishes a topic, a body with ideas that are at times loosely connected, and a vague conclusion. An appropriate organizational pattern and mode is only partially demonstrated, as the body of the response is a largely a restatement of the text. Occasional use of precise word choice and content-specific vocabulary from the text are evident. Errors in conventions may interfere with meaning.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

As I am walking through the supfer market, a long white label catches my eye. At the top it reads Nutrition Facts in bold. I am not sure how to read one of those but I once saw an article on how to read it. Maybe if I think about it hard I can remember it.

Nutrition labels provide facts about the nutrients that are provided on all types of food. They help you compare and contrast your food options. When you are readign a label always start with the serving size. Size varies within different people so it is good to know what your body needs to run.

Second you look at the calorie count. Near the top of the label you will find this, in general a serving that has fewer than 100 caloies can be considered low, but 100-300 calories is considered a moderate amount in calories. Foods with 400 or more calories in a serving can be considered high in calories. Third, you consider the percentages. On the far right side of the label you will find numbers based on a 2,000 calories a day diet, that is the average diet. 5 percent or less of any nutrient may be considered a low amount, while 20 percent or more can be considered a high amount.

On the next section of the label are Fat, Cholesterol, and Sodium, those three nutrients are a few of the ones that you want to limit in your diet. The fat category is divided into further fats under it, to much in a daily diet can be harmful over time. Then it is carbohydrates, th elabels show not only the total amount of carbs in food but how much come from fiber and sugar. Fiber is a healthy nutrient and is very good for you, sugar on the other hand is bad and you should have as low as possible. Always stay keen on protein though, it is found underneath the carbs and is found in all meat products, and is very healthy fot your diet. At the way bottom the vitamis are listed, these ingerdients may appear naturally or may have been added.

Learning how to read a nutrition label is very important to your health. It is a great way to learn how to make better choices. These choices will help you to live a longer, healthier life! In the end it is all worth the reading!

2161/6000

Score Point 2

This response demonstrates partially effective analysis of text, use of evidence, and writing skills. The response addresses part of the task but does not directly analyze how the author supports the quoted statement. Some understanding of the explicit ideas in the text is demonstrated, but there is little analysis to demonstrate an understanding of implicit ideas (*Size varies within different people so it is good to know what your body needs to run*). Evidence from the text is selected and used in the response, but analysis for this evidence to support is lacking. The use of paraphrases and quotes is only partially effective. After the introduction, the response is basically a sequential summary of the text. The response is partially focused and includes an introduction, a body that follows the organization of the text, and a conclusion that paraphrases the conclusion from the passage. The response partially demonstrates an appropriate organizational pattern and mode suited to the task, as it reads as a narrated how-to read a nutrition label rather than an analysis of how the author supports the statement throughout the passage. Errors are present, but they seldom interfere with meaning.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

If you read a nutrition label you can most likely see if the food is healthy or not. Reading a label can help you see how much fat or calories you are putting into your body. Also if you want to loose wait it would be great to read the labels. You may also see the ingrediants incase you are alergic to something.

When you are cooking and you are allergic you should read the label of the ingrediant that you are using. On the nutrition label it also shows the serving size. When your loosing wait i would make sure you look at the serving size and the total calories.

It also shows how much vitamins you are getting and which vitamins you are getting when you eat that item. Also make sure you look at the protien. Protien is very healthy and it will help if you are trying to loose wait. That is the main thing i look at when i get something with a nutrition label.

Nutrition labels educate you about what you are eating. Nutrition labels will help you when you are at the grocery store and you want to buy an item for a meal that you want to make. They also allow you to make a deession on if you want to buy that item or not. You may want to consider the percentages of the items that are in the item you are either buying or using.

Learning how to read a nutrition label is an important thing in life. If you dont know how to read a nutrition label then how are you supposed to know what is in the item you want or are using? If you want to be healthy then read and make sure you know what is in your meal or item. Make sure you control how many calories you put in your body. You don't want to put in fat, cholesteral or any sodium these nutrients are very bad for your body when trying to stay in shape.

173346000

Score Point 2

This response demonstrates partially effective analysis of text, use of evidence, and writing skills. The response partially addresses the task and a partial understanding of the text is demonstrated through some analysis that is somewhat related to the task (*Reading a label can help you see how much fat or calories you are putting into your body...If you dont know how to read a nutrition label then how are you supposed to know what is in the item you want or are using*). Background knowledge related to losing weight and allergies are presented in lieu of specific details, examples, and quotes from the text. Some relevant, accurate evidence partially supports the analysis (*On the nutrition label it also shows the serving size...It also shows how much vitamins you are getting...make sure you look at the protein*). The response is partially focused and includes a partially effective introduction, body, and conclusion. The response occasionally uses precise word choice and content-specific vocabulary from the text. Numerous errors in conventions, including sentence fluency, grammar, and spelling, interfere with meaning.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

In 'Labels for Life' the author shows how he or she believes that learning how to read the nutrition labels is important through many places in the passage. I will now state the main three examples I found...

One of the many examples the author states in the passage is "Those choices could help you live a longer, healthier life- and that is definitely worth all the reading!". He is referring to reading a nutrition label. This shows that the author wants to persuade you to read the nutrition label.

Secondly, the author says "How can a person determine which foods are truly healthy? One way is to learn how to read a nutrition label". This quote relates by the author telling you that you should read the label to tell you if the food is healthy.

Lastly, under the heading, Making Smarter Choices, the author says "Nutrition labels educate you about what you are eating". This means the author believes that you should read the nutrition label.

In conclusion, the author clearly provides examples of him wanting people to read the nutrition labels. The examples I found are in the first paragraph, in the last paragraph and under the heading Making Smarter Choices.

1174/6000

Score Point 1

This response demonstrates minimal analysis of text, use of evidence, and writing skills. The response minimally addresses the task as it focuses on *"learning how to read nutritional labels is important."* Partial understanding of the text is demonstrated. An attempt to analyze ideas from the text is ineffective, with the only analysis consisting of *"read the nutrition label"* repeated for each quote provided. Text examples are listed and partially integrated into the response. The evidence provided is accurate, but is not used to support an analysis of the quoted statement. Quotes that attribute information to the text are used. The response partially demonstrates an organizational plan that includes a brief introduction, body, and conclusion. Transitions are used. Conventions of standard English are demonstrated. More analysis for the examples given would improve this response.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

In this passage, the author has conveyed that it is important to learn about what you are eating and how to read the nutrition facts label. A statement in the passage that states that is "Nutrition labels educate you about what you are eating. " This shows that he wants people to know about what they're eating. Even the titles of each section in the passage show it.

How to Read a Nutrition Label

Making Smarter Choices

A Brief History of the Nutrition Label

Shows that throughout this assage the author as supported his statement the whole way through. He keeps on saying how nutrition labels are important and that you should learn how to read them, because of your health.

679/6000

Score Point 1

This response demonstrates minimal analysis of text, use of evidence, and writing skills. The response minimally addresses the task and demonstrates minimal understanding of the text. The analysis is minimal (*the author has conveyed that it is important to learn about what you are eating and how to read the nutrition facts label*) and little evidence is provided to support the analysis (*he wants people to know about what they're eating*). There is minimal integration of details, examples, and quotes into the response. The response is minimally focused. There is minimal use of precise word choice and content-specific vocabulary from the passage. Some errors in conventions interfere with meaning.

In "Labels for Life," the author states, "Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices." Analyze how the author supports this statement throughout the passage. Write a well-organized, structured response using evidence from the passage to support your answer.

Writer's Checklist

Throughout the paragraph the author states many different facts about reading the nutrition label, making smarter choices, and the history of the nutrition label.

The way the author supports the topic is by teaching others about these kinds of things to inform us to make good choices. Secondly, the author is telling us to learn this for the first step of making good choices for everyone's health. The things we learn in this passage is just taking us to the next step of learning more about "making better choices."

That is what I feel about this story. There are lots more to say about the benefits of this story helping us make healthy decisions.

657/6000

Score Point 1

This response demonstrates minimal analysis of text, use of evidence, and writing skills. The response minimally addresses the task and demonstrates minimal understanding of the text by restating the main ideas of the sections of the passage (*the author states many different facts about reading the nutrition label, making smarter choices, and the history of the nutrition label*). Explicit and implicit ideas from the text are minimally addressed and therefore ineffectively analyzed. The response lacks specific evidence and few examples, details, and quotes are integrated into the response. The response includes introduction, body, and conclusion paragraphs, but each is ineffective. Errors in conventions may interfere with meaning.