

Names _____ Country _____

FCS 321 FINAL MEAL PLAN RUBRIC (Grading rubric)

| COURSE OBJECTIVES | ACTIVITIES/ASSIGNMENTS | ASSESSMENTS |
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| I. BACKGROUND | | |
| A. To learn the history of the culture, based on dietary habits, practices. | ➤ Provide thorough history of the culture | Up to 5 points ➤ Adequate description of the culture. MUST include discussion of development of food practices. Must cite references. |
| B. To be observant of client's specific resources, needs: ➤ Improved observational skills necessary for establishing dietary plans for client | ➤ Specifically identify: ➤ Client name, height, weight and goal weight, age, gender, culture, activity level. ➤ Any pertinent information that would affect client/food choices. ➤ Clearly established GOALS – must also include meeting cultural, financial demands | Up to 5 points ➤ Must have addressed <u>all</u> of the issues mentioned. |
| II. MEAL PLANS | | |
| A. To learn how to plan a dietary intake for the client, considering all of the demands, resources of the client. ➤ Increased sensitivity to specific demands and resources of client, as they relate to nutrition | ➤ Plan 2 days' menus, following guidelines. This is NOT the computer printout of the foodlist; this is a menu, as one would find in a restaurant. | Up to 10 points ➤ Are the meals well balanced, aesthetically (color, variety)? ➤ Are meals feasible, considering time, money, culture, etc? ➤ Is there a MENU ? ➤ Menu plan with <i>all meals, snacks identified</i> ? |
| B. Learn accuracy in food-related issues | ➤ TWO days meals and recipes for the client – your written out meal plans and recipes (with citations). This is different from the computer printouts. | Up to 10 points ➤ EXACT serving sizes, ingredients – for EACH item, each day ➤ AT LEAST FOUR recipes must be included, neatly typed. ➤ References cited for recipes? ➤ Serving sizes on recipes? |
| C. Match meal plan with cultural and other considerations for client | ➤ Cultural dishes included | Up to 5 points Were recipes realistic from culture, modified if needed, for health considerations? |

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| III. NUTRIENT EVALUATION | | |
| <p>A. To be able ACCURATELY input food plans into computer</p> | <ul style="list-style-type: none"> ➤ Input all foods, according to menu plans | <p>Up to 10 points</p> <ul style="list-style-type: none"> ➤ Were ALL items, ingredients from menus input into computer? ➤ Did they match the plans exactly? ➤ If there were differences, did the author explain the differences? (E.g. the meal plan, called for cilantro, but computer only had parsley. Did the author explain the difference?) |
| <p>B. To be able to evaluate the nutrient intake of the client, using information from nutritional software.</p> | <ul style="list-style-type: none"> ➤ Evaluate the nutrient intake, comparing the plans with inputs and outcomes ➤ Suggest changes, based on outcomes – recommendations for refinement (do not have to make corrections, only note suggestions). | <p>Up to 10 points</p> <ul style="list-style-type: none"> ➤ Is the evaluation accurate, based on the bar graph? ➤ Was the spreadsheet used as a tool, looking at specific items in the spreadsheet to evaluate? ➤ Were changes suggested? ➤ Were these appropriate? |
| IV. COST EVALUATION | | |
| <p>A. To be able ACCURATELY input food plans into spreadsheets</p> | <ul style="list-style-type: none"> ➤ Perform cost evaluation for EACH recipe, using Excel ➤ Perform cost evaluation for TWO DAYS, using Excel | <p>Up to 10 points</p> <ul style="list-style-type: none"> ➤ Is the input accurate, EACH item from recipes entered on cost sheets? ➤ Is the input accurate, EACH item from menus entered on cost sheets, including recipes? ➤ Are costs done appropriately? |
| <p>B. To be able to evaluate the of the meal plans, using Excel spreadsheet</p> <ul style="list-style-type: none"> ➤ Be familiar with USDA Food Cost Plans | <ul style="list-style-type: none"> ➤ Determine Food Costs, based on USDA Food Costing Plans ➤ Evaluate the costing, comparing the plans with inputs and outcomes ➤ Suggest changes, based on outcomes – recommendations for refinement (do not have to make corrections, only note suggestions). | <p>Up to 10 points</p> <ul style="list-style-type: none"> ➤ Is the determination of Low and Moderate Food Cost plans done for the client? ➤ Is the evaluation accurate, based on Excel spreadsheet information? ➤ Was the spreadsheet used as a tool, looking at specific items in the spreadsheet to evaluate? ➤ Were changes suggested? ➤ Were these appropriate? |

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| V. OVERALL QUALITY | | |
| A. Submitted on time? | | Up to 5 points |
| B. Grammar, spelling, cited all work, proper APA referencing? | | Up to 10 points |
| C. Neat, typed, complete, coherent, organized | | Up to 5 points (References MUST have been included – and used WITHIN the paper.) |
| D. Creativity, innovation | | Up to 5 points |
| TOTAL POINTS | | Add up all points – out of 100 |