Names _____ Country _____

FCS 321 FINAL MEAL PLAN RUBRIC (Grading rubric)

COURSE OBJECTIVES	ACTIVITIES/ASSIGNMENTS	ASSESSMENTS
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 *all meals, snacks identified?*
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?

III. NUTRIENT EVALUATION		
A. To be able ACCURATELY input food plans into computer	➢ Input all foods, according to menu plans	Up to **10 points** ➢ 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?)
B. To be able to evaluate the nutrient intake of the client, using information from nutritional software.	➢ 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.	Up to **10 points** ➢ 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		
A. To be able ACCURATELY input food plans into spreadsheets	➢ Perform cost evaluation for EACH recipe, using Excel ➢ Perform cost evaluation for TWO DAYS, using Excel	Up to **10 points** ➢ 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?
B. To be able to evaluate the of the meal plans, using Excel spreadsheet ➢ Be familiar with USDA Food Cost Plans	➢ 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.	Up to **10 points** ➢ 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** **(References MUST have been included – and used WITHIN the paper.)**
C. Neat, typed, complete, coherent, organized		Up to **5 points**
D. Creativity, innovation		Up to **5 points**
TOTAL POINTS		Add up all points – out of 100