

Name \_\_\_\_\_

Country \_\_\_\_\_

### FCS 321 PRELIMINARY MEAL PLAN RUBRIC (Grading rubric)

<b>COURSE OBJECTIVES</b>	<b>ACTIVITIES/ASSIGNMENTS</b>	<b>ASSESSMENTS</b>
<b>A.</b> Initial research on the culture.	➤ Provide brief history of the culture	Up to <b>2 points</b> ➤ Adequate initial description of the culture (a paragraph or two)
<b>B.</b> To be observant of client's specific resources, needs	➤ Specifically identify: ➤ Client name, height, current weight and goal weight, activity, age, gender, culture ➤ Client's education, occupation, health status	Up to <b>2 points</b> ➤ Must have addressed <u>all</u> of the issues mentioned.
<b>C.</b> To be able to identify pertinent <b>background information</b> relating to the client ➤ Improved observational skills necessary for establishing dietary plans for client ➤ Increased sensitivity to specific demands and resources of client, as they relate to nutrition.	1. Describe client resources: nutrition knowledge, food likes, dislikes, dietary requirements (allergies, intolerances, etc.) Must mention awareness, including if there are no specific dietary needs. 2. Address economic resources, mention anything that suggests their status: job, etc. 3. Present what the food preparation area is, briefly. 4. Mention food accessibility (restaurants, markets, etc.) 5. If applicable, list other cultural considerations, concerns.	Up to <b>3 points</b> ➤ Brief discussion (or listing) of each of the topics in this section.
<b>D.</b> To be able establish agreed upon common <b>GOALS</b> between client and dietitian ➤ Effective communication	➤ Identify, list goals. ➤ Should include: ➤ Cultural sensitivity ➤ Cost effectiveness ➤ Nutritional balance ➤ Time awareness, etc.	Up to <b>2 points</b> ➤ Clearly identified goals, indicating that the writer has considered these issues.
<b>E.</b> ➤ To be able to plan two days' meals which meet the demands of the client ➤ To identify recipes that meet the cultural demands ➤ To provide proper referencing for recipes	➤ Include two complete days of menus, including breakfast, lunch, dinner, and snacks ➤ Provide <b>FOUR</b> recipes – that <i>must</i> have identified references (where did they get these recipes?) ➤ Recipes must have specific amounts of each ingredient, and how many each recipe serves.	Up to <b>8 points</b> ➤ Are both days' menus thorough and complete? ➤ Are all four recipes included? ➤ References for the recipes? ➤ Specific serving sizes for <i>all</i> ingredients, menu items? ➤ Was there evidence of specific needs and resources in selecting these meals, recipes?
<b>OVERALL QUALITY</b>		
➤ Grammar, spelling, referencing format		Up to <b>3 points</b>