

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

**Food for Today**  
**Unit 7 Food Preparation**  
**Life Skill Project: Plan and Prepare a Healthy Meal**

**Evaluation Rubric**

**Directions** Use the Self-Evaluation Guidelines below to assess the content of your Thematic Project. Rate your performance and give yourself a score for each Criterion. Then give your answers and this completed Evaluation Rubric to your teacher to evaluate.

**Self-Evaluation Guidelines**

<b>Exemplary (10–8 points)</b>	<b>Satisfactory (7–4 points)</b>	<b>Poor (3–0 points)</b>
<ul style="list-style-type: none"> <li>• Includes all of the required content elements</li> <li>• Very well organized</li> <li>• All details provided</li> <li>• No grammatical errors</li> <li>• Creatively designed and executed</li> </ul>	<ul style="list-style-type: none"> <li>• Includes some of the required content elements</li> <li>• Well organized</li> <li>• Many general details provided</li> <li>• Few grammatical errors</li> <li>• Neatly keyed or handwritten</li> </ul>	<ul style="list-style-type: none"> <li>• Includes few or none of the required content elements</li> <li>• Disorganized</li> <li>• Few or no details provided</li> <li>• Many grammatical errors</li> <li>• Typos or illegible handwriting</li> </ul>

<b>Criteria</b>	<b>Exemplary (10–8 points)</b>	<b>Satisfactory (7–4 points)</b>	<b>Poor (3–0 points)</b>	<b>Student Score</b>	<b>Teacher Score</b>
<b>Content</b>					
Include every food group in the meal that you plan.					
Include alternative ingredients on your shopping list in case you need to substitute.					
Prepare the meal with a friend, family member, or adult member of your community.					
Document the preparation of the meal with photos.					
Take notes on how the meal preparation, and what you would do differently the next time.					
Present your findings to the class.					
<b>Mechanics</b>					
Evaluate the organization of writing.					
Evaluate the level of detail of your observation sheet.					
Check for accuracy of spelling and grammar.					
Evaluate your speaking and listening skills.					
<b>Total</b>					