

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

**Food Nutrition and Wellness**  
**Unit 5 Nutrition for Life**  
**Thematic Project: Plan a Healthy Lifestyle**

**Evaluation Rubric**

**Directions** Use the Self-Evaluation Guidelines below to assess the content of your Unit 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>Unacceptable (0-3points)</b>	<b>Satisfactory (4-7points)</b>	<b>Exemplary (8-10 points)</b>
<ul style="list-style-type: none"> <li>• Disorganized</li> <li>• Few or no details provided</li> <li>• Many grammatical errors</li> <li>• Typos or illegible handwriting</li> </ul>	<ul style="list-style-type: none"> <li>• Well organized</li> <li>• Many general details provided</li> <li>• Few grammatical errors</li> <li>• Neatly typed or handwritten</li> </ul>	<ul style="list-style-type: none"> <li>• Very well organized</li> <li>• All details provided</li> <li>• No grammatical errors</li> <li>• Creatively designed and executed</li> </ul>

<b>Criteria</b>	<b>Unacceptable (0-3 points)</b>	<b>Satisfactory (4-7 points)</b>	<b>Exemplary (8-10 points)</b>	<b>Score</b>
Choose and research a healthy lifestyle.				
Create a full day’s menu that meets all your nutritional needs.				
Write a summary of your research.				
Write a list of interview questions.				
Interview someone in the community who is qualified to discuss the lifestyle you have chosen.				
While interviewing, take notes, and after interviewing, transcribe your notes.				
Make a presentation to your classmates on the findings of your research and interview.				
<b>Mechanics</b>				
Evaluate the organization of writing.				
Evaluate the level of detail.				
Check for accuracy of grammar.				
Evaluate neatness and legibility.				
<b>Total</b>				