

## Dietary Analysis Rubric

Student Name: \_\_\_\_\_

CATEGORY	5- Above Standards	3 - Meets Standards	2 - Approaching Standards	1 - Below Standards	0-Missing
Attention Grabber	The introductory paragraph has a strong hook or attention grabber that is appropriate for the audience. This could be a strong statement, a relevant quotation, statistic, or question addressed to the reader.	The introductory paragraph has a hook or attention grabber, but it is weak, rambling or inappropriate for the audience.	The author has an interesting introductory paragraph but the connection to the topic is not clear.	The introductory paragraph is not interesting AND is not relevant to the topic.	No Attention Grabber
Body Paragraphs	The body paragraphs provides a clear, strong statement of the author's position on the topic.	The body paragraphs provide a clear statement of the author's position on the topic.	A body paragraph is present, but does not make the the author's position clear.	Body paragraphs are not relevant or ramble on and on.	There is no body paragraph(s).
Evidence and Examples	All of the evidence and examples are specific, relevant and explanations are given that show how each piece of evidence supports the author's position.	Most of the evidence and examples are specific, relevant and explanations are given that show how each piece of evidence supports the author's position.	At least one of the pieces of evidence and examples is relevant and has an explanation that shows how that piece of evidence supports the author's position.	Evidence and examples are NOT relevant AND/OR are not explained.	No examples from diet are explained for each point.
Research 10 points	Student uses research to explain the consequences of dietary, exercise, and sleep deficiencies. Student compares his/her diet to food guide pyramid recommendations and gives examples of suggested changes he/she could make to diet to meet recommendations. 10 Points	Student uses either health research or references to food guide pyramid's recommendations and makes at least one recommendation for improvement. 8 points	Student uses surface (basic knowledge) to make recommendations. No further research was done. 6 points	Student makes slight references to health recommendations but does not give any specific examples of how he/she will change his/her diet. 4 points	No research done. 0 points
Transitions	A variety of thoughtful transitions are used. They clearly show how ideas are connected	Transitions show how ideas are connected, but there is little variety	Some transitions work well, but some connections between ideas are fuzzy.	The transitions between ideas are unclear OR nonexistent.	No transitions- abrupt changes in thought.
Closing paragraph	The conclusion is strong and leaves the reader solidly understanding the writer's position. Effective restatement of the position statement begins the closing paragraph.	The conclusion is recognizable. The author's position is restated and conclusions are made.	The author's position is restated within the closing paragraph, but no conclusions are drawn.	There is a short one to two sentence conclusion	There is no conclusion - the paper just ends.
Grammar & Spelling	Author makes no errors in grammar or spelling that distract the reader from the content.	Author makes 1-2 errors in grammar or spelling that distract the reader from the content.	Author makes 3-4 errors in grammar or spelling that distract the reader from the content.	Author makes more than 4 errors in grammar or spelling that distract the reader from the content.	Author did not proof read and has tons of spelling and grammar mistakes.
Three Day Food Diary (40 Points)	Diary complete, neat, accurate. 40 Points	Diary complete but messy 35 points	Diary some what complete 30 points	Diary somewhat complete 20 points	Hand written Diary not turned in 0 points
Fit Day Printouts (20 Points)	Each day's page is printed along with each day's exercise 20 Points	Missing one to two days of printed materials 15 points	Missing 3-5 days printed materials 10 points	Missing up to a quarter of all printed materials 5 points	No printed materials handed in. 0 points