

## Health 10 Nutrition Analysis Project – Grading Rubric

There are 8 components to this assignment you will be graded on:

1. 3 Consecutive days – Food Log from the website that you used (such as My Fitness Pal) – 10 points
2. The food log includes grams or calories per food: details of the foods are provided – 10 points
3. Section #1: complete & accurate in calories – 10 points
4. Section #2: complete & accurate in a percentage – 10 points
5. Section #3: complete & accurate in calories – 10 points
6. Write up on findings: 1 page double spaced regarding what you discovered about your diet – 10 points
7. Write up includes comparison of your results to two specific topics in the text – 10 points
  - a. How do your macronutrient percentages (percentage of carbs, fat, and protein) compare to what is recommend for you?
  - b. How do your total calories compare to what is recommend for you?
8. Organized and easy to follow – 5 points

