

Dietary Plan Rubric

Your essay should be in proper essay format with at least 5 paragraphs. The essay should include the following:

Name, activity level, age, gender and present caloric intake 0 1 2 3 4 5

5=all elements present
 4= 4 elements present
 3= 3 elements present
 2= 2elements present
 1= only 1 element present
 0= not attempted

Analysis of present nutritional habits 0 1 2 3 4 5

5= complete analysis, thorough understanding exhibited
 4= good analysis, understanding exhibited
 3= fair analysis, understands most concepts
 2= either analysis or understanding is in question
 1= either analysis or understanding is not addressed
 0= not attempted

Suggested changes in diet 0 1 2 3 4 5

5= at least 5 changes suggested
 4= 4 changes suggested
 3= 3 changes suggested
 2= 2 changes suggested
 1= 1 change suggested
 0= not attempted

Long term health reasons for change 0 1 2 3 4 5

5= 5 or more reasons given
 4= 4 reasons given
 3= 3 reasons given
 2= 2 reasons given
 1= only 1 reason given
 0= not attempted

Plan for recording progress of health changes 0 1 2 3 4 5

5= excellent, well thought-out plan with example of documentation
 4= good plan with example of documentation
 3= good plan for documenting
 2= plan given but feasibility is in question
 1= plan needs much more development
 0= not attempted

RECOMMENDED DAILY INTAKE

Gender/Age	Total Daily Calories	Total Daily Fat
Child 4-6	1800 cal.	60g
Child 7-10	2000 cal.	67g
Male 11-14	2500 cal.	83g
Male 15-18	3000 cal.	100g
Female 11-18	2200 cal.	73g

*Daily fat recommendations are for ALL DAY! Remember to divide by 3 to estimate how much fat should be allowed at each meal.

**Remember, people with special needs such as pregnant or nursing women have different dietary recommendations. If you have special medical conditions, consult your doctor about your calorie and fat needs.