

## 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.