

Name: _____ Date: _____ Period: _____

Applying Life Skills
Unit 6 Food and Nutrition
Life Skill Project: Research Food Choices

Evaluation Rubric

Directions Use the Self-Evaluation Guidelines below to assess the content of your Life Skills 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

Exemplary (10–8 points)	Satisfactory (7–4 points)	Poor (3–0 points)
<ul style="list-style-type: none"> • Includes all of the required content elements • Very well organized • All details provided • No grammatical errors • Creatively designed and executed 	<ul style="list-style-type: none"> • Includes some of the required content elements • Well organized • Many general details provided • Few grammatical errors • Neatly keyed or handwritten 	<ul style="list-style-type: none"> • Includes few or none of the required content elements • Disorganized • Few or no details provided • Many grammatical errors • Typos or illegible handwriting

Criteria	Exemplary (10–8 points)	Satisfactory (7–4 points)	Poor (3–0 points)	Student Score	Teacher Score
Content					
Collect at least five images of foods that illustrate varying degrees of nutrient density.					
Develop interview questions to ask the person you will interview.					
Take notes during your interview.					
Be creative when you present the images of food that you find.					
Turn in your essay, your notes from your interview and your visual to your teacher.					
Present your visual to the class.					
Mechanics					
Evaluate the organization of writing.					
Evaluate the level of detail of your observation sheet.					
Check for accuracy of spelling and grammar.					
Evaluate your speaking and listening skills.					
Total					