

Name _____ Date _____ Period _____

GRADING RUBRIC FOR NUTRITIONAL ANALYSIS PROJECT

Nutrients: _____ / 60

Protein: Recommendations ___ / 1
 10 Food Sources ___ / 1
 Major Functions ___ / 1
 Deficiency Symptoms ___ / 1

Vitamin A: Recommendations ___ / 1
 10 Food Sources ___ / 1
 Major Functions ___ / 1
 Deficiency Symptoms ___ / 1

Total Fat: Recommendations ___ / 1
 10 Food Sources ___ / 1
 Major Functions ___ / 1
 Deficiency Symptoms ___ / 1

Vitamin C: Recommendations ___ / 1
 10 Food Sources ___ / 1
 Major Functions ___ / 1
 Deficiency Symptoms ___ / 1

Fiber: Recommendations ___ / 1
 10 Food Sources ___ / 1
 Major Functions ___ / 1
 Deficiency Symptoms ___ / 1

Thiamin: Recommendations ___ / 1
 10 Food Sources ___ / 1
 Major Functions ___ / 1
 Deficiency Symptoms ___ / 1

Calcium: Recommendations ___ / 1
 10 Food Sources ___ / 1
 Major Functions ___ / 1
 Deficiency Symptoms ___ / 1

Riboflavin: Recommendations ___ / 1
 10 Food Sources ___ / 1
 Major Functions ___ / 1
 Deficiency Symptoms ___ / 1

Iron: Recommendations ___ / 1
 10 Food Sources ___ / 1
 Major Functions ___ / 1
 Deficiency Symptoms ___ / 1

Niacin: Recommendations ___ / 1
 10 Food Sources ___ / 1
 Major Functions ___ / 1
 Deficiency Symptoms ___ / 1

Sodium: Recommendations ___ / 1
 10 Food Sources ___ / 1
 Major Functions ___ / 1
 Deficiency Symptoms ___ / 1

Cholesterol: Recommendations ___ / 1
 10 Food Sources ___ / 1
 Major Functions ___ / 1
 Deficiency Symptoms ___ / 1

Potassium: Recommendations ___ / 1
 10 Food Sources ___ / 1
 Major Functions ___ / 1
 Deficiency Symptoms ___ / 1

Calories: Recommendations ___ / 1
 Energy Calculator ___ / 1
 10 Ways to Increase ___ / 2

Phosphorus: Recommendations ___ / 1
 10 Food Sources ___ / 1
 Major Functions ___ / 1
 Deficiency Symptoms ___ / 1

Conclusion: _____ / 10

Calculations Worksheet: _____ / 20

TOTAL SCORE: _____

Food Tally Sheets: _____ / 10

LETTER GRADE: _____