

Name: _____ Date: _____ Period: _____

**Applying Life Skills
Unit 8 From Kitchen to Table
Life Skill Project: Plan a Meal**

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					
Create a plan for shopping, preparing, and serving the meal.					
Develop interview questions to ask the person you will interview.					
Take notes during your interview.					
Create a presentation to describe your meal and describe your plan for preparing it.					
Include in your plan explanations or examples of how meal planning is useful.					
Present your findings 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					