

Name: _____ Date: _____ Period: _____

Food for Today
Unit 3 Health and Wellness
Life Skill Project: Eating for Health

Evaluation Rubric

Directions Use the Self-Evaluation Guidelines below to assess the content of your Thematic 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 food list of foods you like and are available to you.					
Create a rubric that details healthful food choices you can use to make a realistic menu plan.					
Develop interview questions to ask the person you will interview.					
Discuss your food rubric with the person you interview					
Take notes during your interview.					
Collect your research, interview notes, and food rubric to turn in.					
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					