

Name: _____ Date: _____ Period: _____

Food for Today
Unit 4 Food Decisions
Life Skill Project: Plan for a Healthy Life

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 | | | | | |
| Research healthful eating plans that fit into your daily life. | | | | | |
| Identify three physical activities that you enjoy. | | | | | |
| Develop interview questions to ask the person you will interview. | | | | | |
| Take notes during your interview. | | | | | |
| Identify three ways to incorporate volunteer opportunities into your plan for physical activity. | | | | | |
| Create a week-long eating and physical activity plan that you can realistically follow. | | | | | |
| 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 | | | | | |