

Name: _____ Date: _____ Period: _____

Discovering Life Skills
Unit 9: Nutrition and Your Health
Life Skills Project: Play with Your Food!

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					
Gather facts about your chosen topic.					
Imagine a scene that would demonstrate the important ideas and facts of your topic.					
Take notes during your interview with a doctor dietitian, or other health professional.					
Use the Life Skills Project Checklist, memorize your lines, and perform your play for the class.					
Mechanics					
Evaluate the extent of your research.					
Evaluate the depth of your questions.					
Check for accuracy of spelling and grammar.					
Evaluate your speaking and listening skills.					
Total					