FCS 321 PRELIMINARY MEAL PLAN RUBRIC (Grading rubric)

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<th>COURSE OBJECTIVES</th>
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| **A.** Initial research on the culture. | ➢ Provide brief history of the culture | Up to 2 points
  ➢ Adequate initial description of the culture (a paragraph or two) |
| **B.** To be observant of client’s specific resources, needs | ➢ Specifically identify:
  ➢ Client name, height, weight, goal weight, activity, age, gender, culture
  ➢ Client’s education, occupation, health status | Up to 2 points
  ➢ Must have addressed all of the issues mentioned. |
| **C.** To be able to identify pertinent background information relating to the client | 1. Describe client resources:
  ➢ Nutrition knowledge, food likes, dislikes, dietary requirements (allergies, intolerances, etc.)
  ➢ Must mention awareness, including if there are no specific dietary needs.
  ➢ Address economic resources, mention anything that suggests their status: job, etc.
  ➢ Present what the food preparation area is, briefly.
  ➢ Mention food accessibility (restaurants, markets, etc.)
  ➢ If applicable, list other cultural considerations, concerns. | Up to 4 points
  ➢ Brief discussion (or listing) of each of the topics in this section. |
| **D.** To be able establish agreed upon common GOALS between client and dietitian | ➢ Identify, list goals.
  ➢ Should include:
    ➢ Cultural sensitivity
    ➢ Cost effectiveness
    ➢ Nutritional balance
    ➢ Time awareness, etc. | Up to 2 points
  ➢ Clearly identified goals, indicating that the writer has considered these issues. |
| **E.** | ➢ Include two complete days of menus, including breakfast, lunch, dinner, and snacks
  ➢ Provide FOUR recipes – that must have identified references (where did they get these recipes?)
  ➢ Recipes must have specific amounts of each ingredient, and how many each recipe serves. | Up to 8 points
  ➢ Are both days’ menus thorough and complete?
  ➢ Are all four recipes included?
  ➢ References for the recipes?
  ➢ Specific serving sizes for all ingredients, menu items?
  ➢ Was there evidence of specific needs and resources in selecting these meals, recipes? |

**OVERALL QUALITY**

➢ Grammar, spelling, referencing format | Up to 2 points |