Nutrition Log and Meal Project Rubric

This is a **two-part** project. The two parts will count as 50% each of a major test grade.

**Part 1** – This will be done in class and as a group. Students will plan a meal. They will research nutritional values and calculate totals.

* List the names of your group members.
* List of the Ingredients.
* How many calories. (whole amount or per serving)
* List of Nutrients. (Carbs, fats, proteins)
* Lists of Vitamins and Minerals. (ex. Vitamin A, Vitamin C, Iron, Calcium)
* Calculate totals for each

\*\*This is for a meal with multiple ingredients. Possibly multiple sides or courses as well. Something like chocolate covered strawberries would not be acceptable. Get approval of your meal before proceeding with nutritional values.

Meals need to include a minimum of ***SIX*** ingredients

Research done in class:

A Day – Monday, March 9th

B Day – Tuesday, March 10th

Project completed and turned in during class:

A Day – Wednesday, March 11th

B Day – Thursday, March 12th

**Example:**

Group Members Names: Jason Moore and Ian McKenzie

**Vegetarian Pizza**

**Ingredients**: sweetcorn, vegetarian Italian sausage, thyme, pizza crust, salt and pepper and mozzarella cheese.

**Sausage** - 147 calories, 7g of Carbs, Total fat 7g, Protein 10g, Iron 3%

**Corn** – 154 calories, 17g of Carbs, Total fat 1g, Protein 3g, Vitamin C 10%and Iron 3%

**Pizza crust** – 960 calories, 186g of Carbs, Total fat 12g Protein 30g, Iron 60%

**Cheese** - 240 calories, 3g of Carbs, Total Fat 18g, Protein 21g, vitamin A 4%, Calcium 20%

**Totals** - 1,501 Calories, 213g of Carbs, total fat 38g, Protein 64g, Iron 6%, Vitamin C 10%, Iron 63%, Vitamin A 4%, and Calcium 20%.

Helpful website for finding nutritional values:

Myfitnesspal.com

Calorieking.com

myfooddiary.com

**Part 2** – This part is to be done ***individually***.

Students will complete a food log for one day. It can be any day of choosing between the day the assignment is given and the due date.

Record everything that you eat or drink for 24 hours. This includes breakfast, lunch, dinner, snacks, and drinks. Provide total number of calories consumed for the day.

Students will complete the assignment on Microsoft Teams (similarly to their Activity Logs)

**Due Dates:** Wednesday, March 11th by 11:59 PM (Will not accept after Friday, March 13th.)