



What Should They Eat?

Assessment Rubric Template

One-Week Menu and Summative Recommendation (based on Food Pyramid guidelines)

	Beginning 1	Developing 2	Accomplished 3	Exemplary 4	Score
Organization of menu	Menu may be missing days or meals and is not accurately labeled, which makes the information difficult to understand	Menu has each day and meal labeled, may be incomplete or contain errors, and is difficult to read	Menu has each day and meal clearly labeled, is complete, logically sequenced, but items may not be well placed and, so, may be difficult to read	Menu has each day and meal clearly labeled, is complete, logically sequenced, and items are strategically placed for easy reading	
Food group and serving size listings and tallies	Food group and serving size listings and tallies are mostly missing, incomplete, or inaccurate	Food group and serving size listings and tallies are mostly complete, labeled, and accurate	Food group and serving size listings and tallies are clearly labeled, complete, and accurate for the day	Food group and serving size listings and tallies are clearly labeled, complete, and accurate for each meal, day, and the week	
Nutrient and caloric tallies	Nutrient and caloric tallies are mostly missing, incomplete, or inaccurate	Nutrient and caloric tallies are mostly complete, labeled, and accurate	Nutrient and caloric tallies are clearly labeled, complete, and accurate for the day	Nutrient and caloric tallies are clearly labeled, complete and accurate for each meal, day, and the week	
Appropriate and varied food selections	Most food choices are inappropriate and offer little or no variety for the subject	Most food choices are appropriate and offer little variety for the subject	All food choices are completely appropriate and offer some variety for the subject	All food choices are completely appropriate and offer a wide variety for the subject	
Summative paragraph is accurate and follows food pyramid guidelines	Summary does not accurately reflect menu plan and no reasoning is offered for food choices	Summary reflects most aspects of menu plan and reasoning may not support food choices	Summary accurately reflects menu plan and some reasoning is offered to support food choices	Summary accurately reflects menu plan and logical reasoning, as related to subject need, is offered to support food choices	



El Dorado County Career Technical Partnership

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