

Student Name:

Total: _____ / 29 points

Eat This, Not That! Rubric

Students will create an informational piece explaining what foods are better to eat than others and why.

- Choose 2 comparable foods from one restaurant and make the argument as to why one is better than the other based upon nutritional value and information provided in the nutritional menus.

Ex: Applebee's Steak and Grilled Shrimp against vs Applebee's Shrimp and Spinach Salad

Requirements:

- 4 nutritional facts about each of the 2 chosen options. Ex. Calories, total fat, carbohydrates, Protein, cholesterol, sodium
- 1 paragraph supporting/defending your decisions
- 1 "Did you know?" fact on each food side regarding nutrition or one's health. Ex. Water makes up around 2/3 of the human body. Trans fat also known as hydrogen oil will never leave your body once it is eaten.
- A visual for both chosen options

| Category | Excellent - 5 points | Competent - 3 points | Needs work - 1 points | Unacceptable - 0 points |
|--|---|---|---|--|
| Food Decision | Chosen foods are of a comparable format. Foods are from same restaurant. | Chosen foods are not of a comparable format. Foods are from same restaurant. | Chosen foods are not of a comparable format. Foods are not from the same restaurant. | No foods were chosen. |
| Informational Paragraphs | Contains one informational paragraph defending/supporting decisions for each side. 3+ sentences. | Contains one informational paragraph defending/supporting decisions for each side. 1-2 sentences. | Contains one informational paragraph defending/supporting decisions for only one side. | Does not include informational paragraphs defending/supporting decisions. |
| Did you know? fact | Contains 1 accurate "Did you know" fact for each side. | Contains 1 accurate "Did you know" fact total. | "Did you know" facts are inaccurate. | Does not include any "Did you know" facts. |
| Nutritional Information | 4 pieces of nutritional information are included for each side = 8 total. | 3 pieces of nutritional information are included for each side = 6-7 total. | 2 pieces of nutritional information are included for each side = 4-5 total. | 0-1 pieces of nutritional information are included for each side = 0-3 total. |
| | Excellent - 3 points | Competent - 2 points | Needs work - 1 points | Unacceptable - 0 points |
| Titles | Each food option includes restaurant name, and the menu names of each food item that is being compared. | All but 1-2 food option includes the restaurant name, and the menu name of each food item that is being compared. | More than 3 restaurant names, or menu names are missing. | 4+ restaurant and menu food item names are incorrect or missing. |
| Writing - Grammar | There is 0-1 spelling or grammatical mistakes in the assignment. | There are 2-3 spelling or grammatical mistakes in the assignment. | There are 4-5 spelling or grammatical mistakes in the assignment. | There are 5+ spelling or grammatical mistakes in the assignment. |
| Attractiveness & Organization | Assignment includes a visual of the chosen food(s) on each side of the assignment. Visuals include color. | Assignment includes only 1 visual of a chosen food(s), and/or does not include color. | Assignment includes no visuals of chosen food(s) and/or includes no color. | Assignment includes no visual of foods and includes no color. |