



# Unit 2 Assignment - Food Journal and Carbohydrates (80 pts)

Course: NUTR 100 6357 Elements of Nutrition (2265)

Criteria	Meets expectations	Partially meets expectations	Minimally meets expectations	Does not meet expectations	Criterion Score
Food Journal (Step 1)	<p>20 points</p> <p>Food journal is complete for a 24-hour period.</p> <p>Includes quantities and details of foods and beverages consumed.</p>	<p>14 points</p> <p>Food journal is complete for a 24-hour period.</p> <p>Lacks some information on the quantities and details of foods and beverages consumed.</p>	<p>8 points</p> <p>Food journal is incomplete for a 24-hour period.</p> <p>Missing most information about the quantities and details of foods and beverages consumed.</p>	<p>0 points</p> <p>Not completed.</p>	/ 20

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Influencing Factors (Step 2)	10 points Two distinct factors presented  Details of the impact(s) of each factor	8 points Two distinct factors presented  OR Lacks clarity on the impact of each factor	4 points Two factors are not distinct  OR Only one factor presented  OR Too little detail about the impact(s) of each factor	0 points Not completed.	/ 10
Fiber and Sugar Analysis (Step 3)	20 points Three foods that are sources of carbohydrates identified for this analysis  The amount of each food is clearly stated  The amount of fiber and sugar (in grams) in each food is provided	14 points Three foods that are sources of carbohydrates identified for this analysis  The amount of each food is not clearly stated  The amount of fiber and sugar (in grams) in each food is partially provided	8 points Two or more of the foods identified for this analysis are not distinct from each other  OR The amount of food is missing  OR The amount of fiber and sugar (in grams) is missing	0 points Not completed.	/ 20

Criteria	Meets expectations	Partially meets expectations	Minimally meets expectations	Does not meet expectations	Criterion Score
<p>Fiber-rich Alternative Food Options (Step 4)</p>	<p>20 points</p> <p>Three foods identified match the same three foods used in Step 3</p> <p>Three new carbohydrate foods are clearly stated as high-quality REPLACEMENTS for each original carbohydrate food source</p> <p>The amount of each new food item is clearly stated</p> <p>The amount of fiber in each new food item is provided</p> <p>The amount of fiber in each replacement items exceeds the amount of fiber in the original item from Step 3</p>	<p>14 points</p> <p>Three foods identified match the same three foods used in Step 3</p> <p>Missing one replacement food for one of the original identified food items</p> <p>OR</p> <p>Missing the amount of food item for 1-2 new food items</p> <p>OR</p> <p>Missing the amount of fiber for 1-2 new food items</p> <p>OR</p> <p>The amount of fiber in each replacement items is equivalent to the amount of fiber in the</p>	<p>8 points</p> <p>Three foods identified DO NOT match the same three foods used in Step 3</p> <p>OR</p> <p>Missing the amount of food item for 3 new food items</p> <p>OR</p> <p>Missing the amount of fiber for 3 new food items</p> <p>OR</p> <p>The amount of fiber in at least one of the replacement items is lower than the amount of fiber in the original item from Step 3</p>	<p>0 points</p> <p>Missing 3 replacement food items for the three original identified food items in Step 3</p> <p>OR</p> <p>Not completed</p>	<p>/ 20</p>

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		original item from Step 3			

Criteria	Meets expectations	Partially meets expectations	Minimally meets expectations	Does not meet expectations	Criterion Score
<p>Writing and Citations</p>	<p>10 points</p> <p>Written in your own words.</p> <p>Well-organized with cohesive logical flow,</p> <p>Written in complete sentences,</p> <p>Demonstrated critical thinking,</p> <p>No spelling or grammatical errors,</p> <p>Supported with course resources or external research cited in APA or other standard format in the text body and at the end of the paper.</p>	<p>7 points</p> <p>Writing and format had three to five errors.</p> <p>Written partially in your own words.</p> <p>Unclear organization or inconsistent logical flow.</p> <p>Occasional lapses in writing complete sentences.</p> <p>Occasional lapses in critical thinking.</p> <p>Had three to five spelling or grammatical errors.</p> <p>Neglected to include one to three supports of external research cited in APA (or other standard) format in the text body and at the end of the paper.</p>	<p>4 points</p> <p>Writing and format had 6-10 errors.</p> <p>Less than half was written in your own words.</p> <p>Unclear organization and inconsistent logical flow.</p> <p>Several lapses in writing complete sentences.</p> <p>Did not demonstrate critical thinking.</p> <p>Had 6-10 spelling or grammatical errors.</p> <p>Neglected to include four or more supports of external research cited in APA (or other standard) format in the text body and at</p>	<p>0 points</p> <p>More than 10 errors that make it impossible to comprehend the submission</p> <p>OR</p> <p>No written content is available because assignment was not submitted.</p>	<p>/ 10</p>

Criteria	Meets expectations	Partially meets expectations	Minimally meets expectations	Does not meet expectations	Criterion Score
			the end of the paper.		

Total

/ 80

## Overall Score

**Meets expectations**

69 points minimum

**Partially meets expectations**

39 points minimum

**Minimally meets expectations**

1 point minimum

**Does not meet expectations**

0 points minimum