

Rubric for Laboratory Experience – Nutrition Over the Life Span

<p>Task Description: Students will prepare a nutritious meal or snack that contributes to the wellness and productivity through the life span. Demonstrating correct food preparation techniques, including safety and sanitation rules. Align the meal or snack with ChooseMyPlate and Dietary Guidelines. The categories are:</p> <ul style="list-style-type: none"> • Pregnancy • Infants • Children • Teenagers • Adults • Seniors and older adults 					
Criteria	Weight	Professional 4	Practitioner 3	Novice 2	Beginner 1
Safety/ Sanitation	20%	<input type="checkbox"/> Always observes safety and sanitation rules	<input type="checkbox"/> Observes safety and sanitation rules with few lapses	<input type="checkbox"/> Occasionally follows safety and sanitation rules	<input type="checkbox"/> Almost never follows safety and sanitation rules
Use of Equipment	20%	<input type="checkbox"/> Efficiently manages equipment <input type="checkbox"/> Selects appropriate equipment for task	<input type="checkbox"/> Manages equipment competently <input type="checkbox"/> Often selects appropriate equipment for task	<input type="checkbox"/> Attempts to manage equipment properly <input type="checkbox"/> Occasionally selects appropriate equipment for task	<input type="checkbox"/> Lacks equipment management techniques <input type="checkbox"/> Rarely selects appropriate equipment for task
Maintenance of Work Space	20%	<input type="checkbox"/> Methodically makes use of a well-planned work space	<input type="checkbox"/> Carefully maintains an organized work space	<input type="checkbox"/> Intermittently maintains an organized work space	<input type="checkbox"/> Seldom maintains an organized work space
Time Management	20%	<input type="checkbox"/> Expertly develops and implements an organized plan	<input type="checkbox"/> Develops and implements an organized plan	<input type="checkbox"/> Attempts to develop and implement an organized plan	<input type="checkbox"/> No apparent plan of action
Resource Management	20%	<input type="checkbox"/> Masterfully manages resources	<input type="checkbox"/> Manages resources properly	<input type="checkbox"/> Works to properly manage resources	<input type="checkbox"/> Mismanagement of resources

Assignment Score _____ + Beyond/Bonus _____ = Final Score _____