

Analysis Rubric

Criteria	Ratings		Pts
Followed Format and length requirements Use Times New Roman 12 font, double spaced, 1" margins all around, and at least 2-3 pages in length. Name, date, and course number as header. Submission at assignment links as attachment.	10.0 pts Full Marks	0.0 pts No Marks	10.0 pts
Content 1. Evaluate your results based on what you have learned.. Include your journal as an attachment to your essay. 2. Discuss what you did well or what you did poorly as compared to MyPlate guidelines. 3. Discuss changes you would make to meet the MyPlate recommendations. 4. What influenced your food and beverage choices? 5. How does your analysis compare to MyPlate recommendations.	25.0 pts Full Marks	0.0 pts No Marks	25.0 pts
Food and beverage Journal/Log Food and beverage log and physical activity log for a minimum of 7 days – 2 weekend days and Monday to Friday.	5.0 pts Full Marks	0.0 pts No Marks	5.0 pts
Essay Format	5.0 pts Full Marks	0.0 pts No Marks	5.0 pts
References	5.0 pts Full Marks	0.0 pts No Marks	5.0 pts
Total Points: 50.0			