NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PERIOD \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Dietary Analysis Assessment**

**Task**

Create a type-written paper synthesizing nutrient and dietary information to analyze a personal dietary intake record and information. Class time will be provided for all parts of the dietary analysis (with the exception of the food tracking, which is to be done on your own time prior to inputting information into choosemyplate.gov and writing the paper). However, if you do not complete your paper during the class period in the computer lab, you will need to complete it on your own time.

**Paper Requirements**

Your paper must have *at least* one paragraph per numbered subgroup listed below. (Remember that a paragraph must have a *minimum of three sentences*.) The bullets under each subgroup are questions to get you thinking and guide your writing.

1. Personal Profile
   * Include information about your age, gender, height, weight and physical activity level. Feel free to include information about your habits, personality, hobbies, family, etc.
   * Recommended daily allowances
   * Actual daily intake information
   * Describe what you discovered about your personal nutritional needs. Were you surprised by how much you need in certain areas?
2. Explanations of dietary strengths
   * For which food groups or nutrients was your intake adequate?
   * Why do you think your intake was adequate in these areas? What are your dietary habits that contribute to your adequate intakes? What foods are you eating that are contributing to your adequate intakes?
   * What other personal factors contribute to your dietary strengths?
3. Insufficient nutrients
   * For which food groups or nutrients was your intake inadequate?
   * Why do you think your intake was inadequate in these areas? What are your dietary habits that contribute to your inadequate intakes? What foods are you eating that are contributing to your inadequate intakes?
   * What other personal factors contribute to your dietary insufficiencies?
4. Excessive nutrients
   * For which food groups or nutrients was your intake excessive (eating more than is recommended)?
   * Why do you think your intake was excessive in these areas? What are your dietary habits that contribute to your excessive intakes? What foods are you eating that are contributing to your excessive intakes?
   * What other personal factors contribute to your dietary excesses?
5. Dietary recommendation
   * In order to follow what MyPlate recommends for your personal diet, what are *specific* changes that you need to make in your diet?
   * What are foods that you should get *more* of in your diet in order to better meet the MyPlate recommendations for your overall diet and health?
   * What are foods that you should get *less* of in your diet in order to better meet the MyPlate recommendations for your overall diet and health?
   * What other changes might you need to make in your life to help you meet this dietary recommendations for yourself?
6. Reflection and analysis of intake assessment
   * What surprised you?
   * What do you know now that you didn’t know before?
   * What are some changes you need to make in your life in order to follow what MyPlate recommends?

Staple your type-written paper to the back of your Dietary Analysis packet. You must turn this in *BEFORE* the state exam. Be sure your name is on the top of the first page.

**SEE the RUBRIC on the next page.**

**Dietary Analysis Assessment Grading Rubric**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Information is missing  (0) | Some information is missing and incomplete. Very little detail is provided and doesn’t demonstrate knowledge of content.  (1) | Information is partially complete. Attention to detail is limited and demonstrates little knowledge of content.  (2) | Information is mostly complete. Some attention to detail is provided and some demonstration of knowledge of content is provided.  (3) | Information is  complete, has good detail, and is a good demonstration of knowledge of content.  (4) | Information is complete, accurate, and detailed and shows an in-depth knowledge of content.  (5) |
| Personal Profile |  |  |  |  |  |  |
| Explanations of Dietary Strengths |  |  |  |  |  |  |
| Insufficient Nutrients |  |  |  |  |  |  |
| Excessive Nutrients |  |  |  |  |  |  |
| Dietary Recommendations |  |  |  |  |  |  |
| Reflection and Analysis |  |  |  |  |  |  |
| Use of Appropriate Grammar and Formatting |  |  |  |  |  |  |