

DIET EVALUATION SCORE SHEET

NAME _____

CLASS _____

DATE _____

CRITERIA	POSSIBLE PTS.	YOUR SCORE	COMMENTS
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1. PRINTOUTS AND CHARTS

A. Done on time	3 pts.	_____	
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B. Handout #1: Food Diary complete for 2 days, with all 3 meals	3 pts.	_____	
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C. List of foods analyzed printout (2 days)	4 pts.	_____	
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D. Graphic printouts (2 days)	4 pts.	_____	
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E. Average Client Printout	3 pts.	_____	
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TOTAL SCORE ON PRINTOUTS AND CHARTS	(17 Possible pts.) _____
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2. ESSAY

A. Nutrients <70%	3 pts.	_____	
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B. Food Sources for nutrients that you lack	3 pts.	_____	
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C. Function of nutrients that you lack	3 pts.	_____	
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D. Table of fat, protein & carbohydrate percentages	4 pts.	_____	
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E. Required % of fats, protein & carbohydrates	3 pts.	_____	
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F. Your % of fats, protein & carbohydrates	3 pts.	_____	
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G. American Cancer Society recommendation for fat %	3 pts.	_____	
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H. Changes to make in your diet	3 pts.	_____	
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I. Judgment & personal evaluation	3 pts.	_____	
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TOTAL SCORE ON ESSAY	(28 Possible pts.) _____
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3. NEATNESS OF PROJECT	(5 Possible pts.) _____
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TOTAL PROJECT GRADE	(50 Possible pts.) _____
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