

NUTRITION AND WELLNESS

Rubric

Name(s) of Participant(s) _____

State _____ Team # _____ Group # _____ Category _____

PORTFOLIO							Points
FCCLA Planning Process Summary Page 0–5 points	0 Planning Process summary not provided	1 Inadequate steps in the Planning Process are presented	2 All Planning Process steps are presented but not summarized	3 All Planning Process steps are summarized	4 Evidence that the Planning Process was utilized to plan project	5 The Planning Process is used to plan the project. Each step is fully explained	
Subject Profile 0–10 points	0 Not provided	1–2 Profile is included but vaguely referred to	3–4 Profile has some evidence of self assessment	5–6 Explained somewhat, but not documented sources of profile	7–8 Documented resources used for profile	9–10 Documented resources used, described role of profile in project	
Evidence of Nutrition and Wellness Research 0–10 points	0 Not explained	1–2 Some research done but incomplete information	3–4 Research is current but from unreliable sources and does not adequately cover the topic	5–6 Research is current, appropriate for topic, from reliable sources, does not adequately cover the topic	7–8 Research is current, appropriate for topic, from reliable sources, and adequately covers the topic	9–10 Research is current, from reliable sources, documented correctly, and extensively covers the topic	
Nutrition and Wellness Tracking 0–3 points	0 No subjects listed	1 Incomplete list of subjects and not current or appropriate for project	2 Complete list of subjects but inconsistent format	3 Complete list of subjects, appropriate resources, in a consistent format			
Nutrition and Wellness Concerns 0–3 points	0 No concerns provided	1 Concern questions are addressed	2 All questions are answered and participant shows some reflection on their concerns and ways to improve if necessary	3 All questions are answered thoroughly and participant shows significant reflection on concerns and ways to improve if necessary			
Nutrition and Wellness Goals 0–5 points	0 No goals stated	1 1–3 goals are stated, but are not appropriate	2 2–3 appropriate goals are stated	3 2–3 appropriate goals are stated. Goals are some of the following: specific, measurable, attainable, realistic, and timely	4 2–3 appropriate goals are stated. Goals are some of the following: specific, measurable, attainable, realistic, and timely. Steps to reach goals are included.	5 2–3 appropriate goals are stated. Goals are specific, measurable, attainable, realistic, and timely. Steps to reach goals are included.	
Nutrition Plan 0–2 points	0 Not provided	1 Plan is included	2 Profile is included and complete				
Wellness Plan 0–5 points	0 No plan provided	1 Limited plan provided	2 Plan provided with no value or variety in experiences	3 Plan provided and explained. Little variety or value in experiences	4 Adequate plan provided with good variety and value of experiences	5 Extensive plan provided with a wide variety of appropriate and valuable experiences. Documentation is clear and easy to understand.	
Implementation and Reflection 0–5 points	0 No activity included	1 Activities poorly documented, though reflection provided	2 Activities are adequately documented	3 Activities are adequately documented and partial reflection on results	4 Activities are adequately documented and reflection provided	5 Activities are effectively documented, reflection provided and recommendation for change included	
Appearance 0–3 points	0 Portfolio is illegible and unorganized	1 Portfolio is neat, but contains grammatical or spelling errors and is organized poorly	2 Portfolio is neat, legible, and professional, with correct grammar and spelling	3 Neat, legible, and professional, correct grammar and spelling used; effective organization			

Nutrition and Wellness Rubric (continued)

ORAL PRESENTATION							Points
Organization/ Delivery 0–10 points	0 Presentation is not done or speaks briefly and does not cover components of the project	1–2 Presentation covers some topic elements	3–4 Presentation covers all topic elements but with minimal information	5–6 Presentation gives complete information but does not explain the project well	7–8 Presentation covers information completely but does not flow well	9–10 Presentation covers all relevant information with a seamless and logical delivery	
Knowledge of Subject Matter 0–5 points	0 Little or no evidence of knowledge	1 Minimal evidence of knowledge	2 Some evidence of knowledge	3 Knowledge of matter is evident but not shared in presentation	4 Knowledge of subject matter is evident and shared at times in the presentation	5 Knowledge of subject matter is evident and incorporated throughout the presentation	
Relationship to Family and Consumer Sciences coursework and/or Related Careers 0–5 points	0 Not included	1 Vaguely referred to	2 Explained, but done so poorly	3 Explained fully	4 Explained fully with evidence of some understanding of content area	5 Explained fully with evidence of mastery of the content area	
Use of Portfolio and Visuals during Presentation 0–5 points	0 Portfolio and visuals are not used during presentation	1 Portfolio and visuals are used during presentation to limit amount of speaking time	2 Portfolio and visuals are used minimally during presentation	3 Portfolio and visuals are incorporated throughout presentation	4 Portfolio and visuals are used effectively throughout presentation	5 Presentation moves seamlessly between oral presentation, portfolio, and visuals	
Voice—pitch tempo, volume 0–3 points	0 No voice qualities are used effectively	1 Voice quality is adequate	2 Voice quality is good, but could improve	3 Voice quality is outstanding and pleasing to listen to			
Body Language/ Clothing Choice 0–3 points	0 Body language shows nervousness and unease/inappropriate clothing	1 Body language shows minimal amount of nervousness/clothing is appropriate	2 Body language is good and clothing is professional	3 Body language and clothing choice both enhance the presentation			
Grammar/ Word Usage/ Pronunciation 0–3 points	0 Extensive (more than 5) grammatical and pronunciation errors	1 Some (3–5) grammatical and pronunciation errors	2 Few (1–2) grammatical and pronunciation errors	3 Presentation has no grammatical or pronunciation errors			
Responses to Evaluators' Questions 0–5 points	0 Did not answer evaluators' questions	1 Unable to answer some questions	2 Responded to all questions, but without ease or accuracy	3 Responded adequately to all questions	4 Gave appropriate responses to evaluators' questions	5 Responses to questions were appropriate and given without hesitation	

Evaluator's Comments:

TOTAL
(90 points possible)

Evaluator Initial _____

Room Consultant Initial _____