

Name: _____

Nutrition Menu Assignment

Students are to make a meal menu for one week. The menu should include breakfast, lunch, dinner, and any snacks that might be eaten in a day. The menu will be based on a 2,000 calorie diet. Students will work in partners to develop a menu for each day that includes as close to 2,000 calories and all food groups. Please choose meals and snacks that you would actually eat!

The following are the guidelines (rubric) for the menu

- _____ Includes 3 meals and snacks for 7 days with calorie amounts (20 pts)
- _____ Includes all food groups each day (10 pts)
- _____ All meals and snacks are sensible and would actually be eaten (5 pts)
- _____ Include different exercises to be done for at least 30 minutes every day and calories burned (5 pts)
- _____ Menu is to be typed, 12 pt. font (5 pts)
- _____ Menu/paper is organized and neatly done (5 pts)

Deductions

- _____ 10% off for each day it is late
- _____ -5 pts for not having this sheet to turn in with assignment

A total of 50 points can be earned.

Total: _____

- 45-50 (A)
- 40-44 (B)
- 35-39 (C)
- 30-34 (D)
- 0-29 (F)

This sheet must be turned in with menu assignment. Do not lose this sheet!