

iProfile Diet Analysis Paper Grading Rubric
(Note: 5 highest value / 0 lowest value)

Students Name: _____

1. Food Log (5 / 4 / 3 / 2 / 1 / 0)
2. Data Sheets / Highlighted (5 / 4 / 3 / 2 / 1 / 0)
3. Introduction (5 / 4 / 3 / 2 / 1 / 0)
4. Nutrient Evaluations / Basic Components
 - a. calories (5 / 4 / 3 / 2 / 1 / 0)
 - b. protein (5 / 4 / 3 / 2 / 1 / 0)
 - c. carbohydrate (5 / 4 / 3 / 2 / 1 / 0)
 - d. fiber (5 / 4 / 3 / 2 / 1 / 0)
 - e. fat / saturated (5 / 4 / 3 / 2 / 1 / 0)
 - f. fat / unsaturated (5 / 4 / 3 / 2 / 1 / 0)
 - g. cholesterol (5 / 4 / 3 / 2 / 1 / 0)
 - h. vitamins & minerals (5 / 4 / 3 / 2 / 1 / 0)
 - i. potassium (5 / 4 / 3 / 2 / 1 / 0)
 - j. sodium (5 / 4 / 3 / 2 / 1 / 0)
5. Source of Calories
 - a. carbohydrates (5 / 4 / 3 / 2 / 1 / 0)
 - b. fat (5 / 4 / 3 / 2 / 1 / 0)
 - c. protein (5 / 4 / 3 / 2 / 1 / 0)
6. Source of fat
 - a. fat / saturated (5 / 4 / 3 / 2 / 1 / 0)
 - b. fat / mono and polyunsaturated (5 / 4 / 3 / 2 / 1 / 0)
7. Lifestyle Changes & Exercise (5 / 4 / 3 / 2 / 1 / 0)
8. Conclusion / original statement (5 / 4 / 3 / 2 / 1 / 0)

Overall Grade: _____

Comments: