State College of Florida HUN # 2201 Fundamentals of Nutrition

EVALUATION OF PROJECTS

**Research Report and Presentations**

Information Good facts, relevant topic

Writing Good paragraph formation

A beginning, a body of facts, a conclusion. APA format

References A variety of sources, good documentation. APA format

Facts are related to their specific sources through

Quotes and their footnotes and

In-text citations: words in the text, in parentheses,

after sentences referring to authors or sources

in the List of References

Presentation Well presented, summary of information,

good discussion with students

A power point program?

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Evaluation of **Diet Analysis**

Calories Calculated – 3 days listed, totaled and averaged into one day

Nutrients Calculated – Vitamins, Minerals, Protein, Lipids, Carbohydrates

totaled and averaged into one day

Macronutrient Ranges – Protein, Lipids, Carbohydrate percentages

Comparison to one or more:

RDA healthy adult - inside front cover of textbook

RDV healthy adult - page Y

[www.choosemyplate.gov](http://www.choosemyplate.gov)

[www.USDA.gov](http://www.USDA.gov) & in text on pages 41-48

<https://www.supertracker.usda.gov> Actual tracking of food intake

Dietary Guidelines for Americans

Diabetic diet or a weight loss program

Pregnancy or lactation diet

Other website with Instructor approval

Summary of Information & Commentary - Meaning for student or others