Studt

Eco-Literacy

Fitness for Life

Nutrition Plan

Score Guide

***Personal Wellness: Nutrition Plan***

Nutrition plan includes 3 meals and 2 snacks for a 7 day period

1 2 3 4 5

Nutrition plan outlines contents of each meal and snack and offers prep info where necessary

1 2 3 4 5

Nutrition plan identifies caloric intake and does not exceed 2,000 calories in a day

1 2 3 4 5

Nutrition plan reflects a healthy balance among the daily recommend amounts for each food category

1 2 3 4 5

Nutrition plan is compiled and presented in a visually aesthetic format that is easy to follow and understand

1 2 3 4 5

Total: \_\_\_\_\_ / 25 pts