

Group Members: \_\_\_\_\_ Pd. \_\_\_\_\_

You will be creating a book or a poster and it will need to include the following information. You will first research, gather all your information, and create an idea of a rough draft before putting it all together in a poster or book format:

**1. Title**

- a. Include title, names of group members and pictures/color

**2. MyPlate**

- a. Title
- b. You will be assigned a description of a fictitious person and their daily recommended caloric intake.
- c. You will then take this information and select, on the "How Much Do I Need" handout, the how much food you will need from each food group by checking off the foods you would eat in order to meet the caloric needs of the fictitious person you were assigned.
- d. You will then take all of those food items and divide it up into three meals and a list of snacks. You will need to use all of the food items you selected.
- e. Follow the directions on the worksheet EXACTLY!
- f. You will then cut out this information and paste it onto your poster/book.

**3. Portion Distortion:** <http://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm>

- a. Title
- b. Define Portion Distortion
- c. List five examples of how portion sizes have changed over the past 20 plus years.
- d. List three recommendations for eating appropriate portion sizes

**4. Popular Restaurants**

- a. Go to the website of a popular restaurant or a restaurant/fast food chain that you like
- b. Find the Nutritional Facts information on this website
- c. You will write down 5 of the healthier food choices and the Nutritional facts for these food items (Eat this, Not That)

**5. Shop Smart to Fill Your Carts** <http://www.choosemyplate.gov/tips-for-every-aisle>

- a. Click on each of the Food Group buttons
- b. Write down at least three tips for each food group listed
- c. Explain why it is important to buy a variety of food items.

**6. Summary/Conclusion**

- a. Come up with 4-5 conclusions about nutrition in regards to myplate, portion distortion, restaurant nutritional facts, and smart shopping,

Rubric: Cut out this Rubric and paste it onto the last page in your book or back of poster:

Category	20	15	10	5
Graphics-Clarity	Each page contains at least 4 graphics and they are colored	Each page contains at least 3 graphics and they are colored	Each page contains at least 2 graphics and they are colored	Each page contains at least 1 graphic and it is colored
Required Elements	The book/poster contains all required elements as well as additional information	All required elements are included in the book/poster	All but 1 of the elements are included in the book/poster	Several required elements were missing
Attractiveness	The poster/book is exceptionally attractive in terms of design, layout and neatness	The poster/book is attractive in terms of design, layout and neatness	The poster/book is acceptably attractive though it may be a bit messy.	The poster is distractingly messy or very poor designed. It is not attractive.
Use of Class Time	Used time well during the class period, Focused on getting the project done. Never distracted others.	Used time well during the class period. Usually focused on getting the project done and never distracted others	Used some of the time well during the class period. There was some focus on getting the project done but occasionally distracted others	Did not use class time to focus on the project OR often distracted others.