|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **CATEGORY -SPECIFICS****PROFICIENT (85%)** | **3** | **2** | **1** | **Self-rating/grade** | **Teacher grade** |
| **Macro Nutrient identified as carbohydrate, protein, or fat (choose one to focus on)** | Yes | \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | No | 3—2—1  |  |
| **Explanation of what the macronutrient does for you** | Informed consumer about 5 things it does for you | Informed consumer about 2-4 things it does for you | Informed consumer of 0-1 things it does for you | 3—2—1 |  |
| **Examples of good forms of this macronutrient** | 2 provided | 1 provided | 0 provided | 3—2—1 |  |
| **Examples of bad forms of this macronutrient** | 2 provided | 1 provided | 0 provided | 3—2—1 |  |
| **EXTENSION (15%)** | 1 | .5 | 0 |  |  |
| **Use of decision influencing components (you are giving the audience compelling information to guide their decision)** | 3 components/reasons | 2 components/reasons | 0-1 component/reasons | 1--.5--0 |  |
| **Mechanics*****(of media/video)*** | The project has been pre-planned (a script was written and followed), flows nicely throughout the project | The project has been somewhat pre-planned (a script was used), some things are out of order and don’t make sense | The project has not been pre-planned (no script), does not flow, does not make sense | 1--.5--0 |  |
|  |  |  |  |  |  |
| **Total** |  |  |  | Total “self-rated grade”\_\_\_\_\_\_\_\_\_\_\_\_\_ | **Actual grade** **/** |
|  |  |  |  |  |  |