**Designing an Appropriate One Day Meal Plan Project**

Dear Student,

Your hard work and insight into foods and nutrition over the past few weeks has given you the knowledge and expertise necessary to be chosen by the Junior League of Future Nutritionists as a Semi-Finalist for their Honorary Nutritionist Award. In order to win this prestigious award, you must develop the best one-day meal plan for a child identical to yourself. Your caloric intake and macronutrient percentages for the day must align with the Dietary Guidelines for Americans recommendations. Your meal plan must include at least breakfast, lunch, dinner, and one snack, though you may include up to three snacks. Your meal plan must also list the beverages your client will be consuming.

In order for your client to understand why he/she is being asked to follow your meal plan, be sure to include a mathematical breakdown for how you figured out the percentage of fat, carbohydrates, and proteins in their day’s meal plan. This should include a graph. Also, provide your client with some hints on how to gauge serving sizes in case he/she does not have measuring cups or a scale handy.

Any other information you would like to provide to your client (such as suggested exercises to increase activity level, or definitions/explanations to help your client understand some of the more technical terminology of a healthy diet, etc.) may be included in your presentation, but is not a requirement.

Your presentation to your client can be delivered in any way as long as there is some reference materials that he/she can refer back to when trying to follow your plan. Final presentations will be judged using the enclosed rubric.

Happy Meal Planning!

Sincerely,

The Junior League of Future Nutritionists (JLFN)

**One Day Meal Plan Project Rubric**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Outstanding (4 pts.) | Satisfactory (3 pts.) | Needs Practice  (2 pts.) |
| Caloric intake meets guidelines |  |  |  |
| Macronutrient percentages meet guidelines |  |  |  |
| Meal Plan includes 4 required meals |  |  |  |
| Presentation includes a graph of the macronutrient breakdown. |  |  |  |
| Presentation includes mathematic  Explanation |  |  |  |
| Presentation includes suggestions on gauging serving sizes |  |  |  |
| Presentation includes other helpful information for the client. (Optional) |  |  |  |
| Demonstrated Gifted Behaviors | | | |
| Utilizes systematic and analytical problem-solving behavior |  |  |  |
| Contributes and supports ideas and concepts using elaboration and creative thought. |  |  |  |
| Understands Unit concepts |  |  |  |
| Exhibits Task Commitment |  |  |  |
| Utilizes Multiple Resources |  |  |  |
| Develops Quality Projects |  |  |  |