

## Unit 7 Assignment: Fun, Safe, and Healthy Mealtimes

**Due Date:** 11:59 pm EST Sunday of Unit 7

**Points:** 100

### Overview:

For this assignment, choose one of the developmental stages, either toddler or preschooler, and plan a well-balanced day's menu using the national nutrition and food program guidelines: Child and Adult Care Food Program (CACFP) and the USDA-HHS Dietary Guidelines. This assignment provides the opportunity to use all of the knowledge gained these past weeks to develop an integrated daily nutritious meal plan.

### Instructions:

Your meal plan must include the following:

- You plan must be written about the following age groups:
  - Toddler
  - Preschoolers
- The daily menu should include:
  - Breakfast
  - Lunch
  - Afternoon snack
- Be sure to document where specific guidelines are utilized and provide a rationale for how you determined your choices.
- Identify any child's special needs that might require modifying this plan.

### Requirements:

- Submit the assignment in a Word Document.

**Be sure to read the criteria below by which your work will be evaluated before you write and again after you write.**

## Evaluation Rubric for Unit 7 Assignment

CRITERIA	Exemplary	Proficient	Needs Improvement	Deficient
	18 points	15-17 points	11-14 points	0-10 points
<b>Meets daily recommended requirements for age regarding the number of servings for each food group</b>	Meets the daily recommended number of servings for all food groups.  All foods are nutrient-dense.	Meets the daily recommended number of servings for 3-4 of the food groups.  1 - 2 foods: foods are not nutrient-dense. (foods are high in added sugars, solid fats, sodium).	Meets the daily recommended number of servings for 1-2 of the food groups.  3 - 5 foods: foods are not nutrient-dense. (foods are high in added sugars, solid fats, sodium).	Does not meet the daily recommended number of servings for any of the food groups.  Six or more of the foods are not nutrient-dense. (foods are high in added sugars, solid fats, sodium).
<b>All 5 Food Groups are represented</b>	Foods from all five food groups are presented.	Foods from 4 food groups are presented.	Foods from 2-3 food groups are presented.	Food from 1 food group is presented.
<b>Portion sizes are appropriate</b>	The realistic portion size for every food is presented.	The portion sizes for 90% of the foods are presented. Some portion sizes might be unrealistic.	The portion sizes for 60% of the foods are presented. Portion sizes may not be realistic.	Does not include any portion sizes with foods, or portion sizes were unrealistic.
<b>Food safety / preparation / storage is considered</b>	The foods selected can easily be prepared safely. Clear instructions for safe storage of the meal or leftovers is provided.	Minor details are missing that would not adversely affect food safety in preparation or storage.	Key details are missing that would might affect food safety in preparation or storage.	The foods selected cannot be easily be prepared safely. Instruction for safe storage of the meal or leftovers is not provided.
<b>Attractive (variety, colorful, and fun)</b>	The combination of foods of food is colorful and inviting. A rainbow plate is used. Foods are cut into a variety of shapes and sizes for added visual appeal.	The combination of foods is inviting, but the plate is missing a spectrum of the rainbow. Most of the food are in a variety of shapes.	There is a limited variety of foods with not many colors and shapes represented	The visual appeal of the meal plate is not inviting, colorful, or fun.

CRITERIA	Exemplary	Proficient	Needs Improvement	Deficient
	<b>10 points</b>	<b>8-9 points</b>	<b>6-7 points</b>	<b>0-5 points</b>
<b>SS3: Grammar, spelling, and sentence structure. The teacher is proficient in reading, writing, and mathematics. Proper APA format is utilized if applicable.</b>	<p>Grammar, spelling, and sentence structure are highly polished; no grammar or spelling errors.</p> <p>Uses resources provided in the thread and/or additional resources when appropriate to support reflection.</p> <p>Proper APA format is utilized, including in-text citations and a reference.</p>	<p>Grammar, spelling, and sentence structure of discussions are good. Maximum of one grammar or spelling error.</p> <p>Uses resources provided in the thread and/or additional resources when appropriate to support reflection.</p> <p>An attempt is made to use proper APA format, including in-text citations and a reference.</p>	<p>Grammar, spelling, and sentence structure of discussions are adequate. Maximum of two grammar and/or spelling errors.</p> <p>Uses resources provided in the thread to support reflection.</p> <p>An attempt is made to cite and reference the resources.</p>	<p>Grammar, spelling, and sentence structure of discussions are inadequate. There are three or more errors.</p>