



Nutrition and Wellness, an *individual or team* event, recognizes participants who track food intake and physical activity for themselves, their *family*, or a *community* group and determine goals and strategies for improving their overall health. Participants must prepare a **portfolio, visuals** and an **oral presentation**.

EVENT LEVELS

Level 1: through grade 8

Level 2: grades 9-10

Level 3: grades 11–12

Level 4: Postsecondary

See page 10 for more information on event levels.

ELIGIBILITY & GENERAL INFORMATION

1. Review “Eligibility and General Rules for All Levels of Competition” on page 11 prior to event planning and preparation.
2. Participants are encouraged to bring fully charged devices such as laptops, tablets, etc., to use for *electronic portfolio* presentation at competitions.
3. Chapters with multiple entries in this event must submit different projects for each entry. All projects must be developed and completed during a one-year span beginning July 1 and ending June 30 of the school year before the National Leadership Conference, and must be the work of the participant(s) only.
4. National Leadership Conference participants will view the online orientation video found on the official FCCLA YouTube channel, available in early June. Each entry must complete and submit the required form to the event room consultant at the time of competition. Only one form per entry is required. Contact State Advisers for orientation procedures for competitions held prior to National Leadership Conference.

GENERAL INFORMATION								
Number of Participants per Entry	Prepare Ahead of Time	Equipment Provided for Competition	Competition Dress Code	Competition Participant Set Up / Prep Time	Competition Room Consultant & Evaluator Review Time	Maximum Oral Presentation Time	Competition Evaluation Interview Time	Competition Total Event Time
1-3	Portfolio, Visuals, Oral Presentation	Table – yes Electrical Access – no Wall Space – no Supplies - no	Official dress -or- Professional dress appropriate to event	10 minutes	10 minutes prior to presentation	1-min. warning at 9 min.; stopped at 10 min.	5 minutes	30 minutes

PRESENTATION ELEMENTS ALLOWED									
Audio	Costumes	Easel(s)	File Folder	Flip Chart(s)	Portfolio	Props/Pointers	Skits	Presentation Equipment	Visuals
■		■		■	■	■		■	■

NUTRITION AND WELLNESS

Procedures and Time Requirements for Competition

Each entry will submit a <i>portfolio</i> to the event room consultant at the designated participation time.	
10 minutes	Participant(s) will have 10 minutes to set up for the event. Other persons may not assist.
	Room consultants and evaluators will have 10 minutes to preview the <i>portfolio (hardcopy or electronic)</i> before the presentation begins, during participant set up time. The participant must make the <i>electronic portfolio</i> available to evaluators.
10 minutes	The oral presentation may be up to 10 minutes in length. A one-minute warning will be given at 9 minutes. Participant(s) will be stopped at 10 minutes. If audio or audiovisual recordings are used, they are limited to a 1-minute playing time during the presentation. <i>Presentation equipment</i> , with no audio, may be used during the entire presentation. If audio or audiovisual recordings are used, they are limited to 1-minute playing time during the presentation.
5 minutes	Following the presentation, evaluators will have 5 minutes to interview participants.
5 minutes	Evaluators will have up to 5 minutes to use the rubric to score and write comments for participant(s).


Specifications

Hardcopy Portfolio

The *portfolio* is a collection of materials used to document and illustrate the work of the project. Materials must be contained in the official FCCLA STAR Events binder obtained from the FCCLA national emblematic supplier. A decorative and/or informative cover may be included. All materials, including the *content divider pages*, must fit within the cover, be one-sided, and may not exceed 48 pages, as described below. Divider page tabs may extend up to 1" outside the cover. Once a *hardcopy portfolio* is turned in to the evaluators, participants may not switch to an *electronic portfolio*.

Electronic Portfolio

An *electronic portfolio* may be either in PowerPoint, Prezi, or other electronic format that can be viewed by the evaluators and room consultants prior to the oral presentation. The *electronic portfolio* and the hardware (method) to view it (i.e., *equipment, files, projectors, screens, laptops*) will be turned in to the room consultant at the designated participation time. Participants assume the responsibility of providing the *technology* used to show the evaluators the project. Once an *electronic portfolio* is turned in to the evaluators, participants may not switch to a *hardcopy portfolio*. *Portfolio* may not exceed 59 slides, as described below.

SPECIFICATIONS		LEVEL 1	LEVEL 2	LEVEL 3 and 4
1-8 ½" x 11" page or 1 slide	<i>Project Identification Page</i>	<i>Plain paper</i> or slide, with no <i>graphics</i> or decorations; must include participant's name(s), chapter name, school, city, state, event name, and project title.		
1-8 ½" x 11" page or 1 slide	Table of Contents	List the parts of the <i>portfolio</i> in the order in which the parts appear.		
1-8 ½" x 11" page or 2 slides	FCCLA <i>Planning Process</i> Summary Page 	Summarize how each step of the <i>Planning Process</i> was used to plan and implement the project; use of the <i>Planning Process</i> may also be described in the oral presentation.		
1	Evidence of Online Project Summary Submission	Complete the online project summary form located on the "Surveys" tab of the FCCLA Student Portal, and include signed proof of submission in the portfolio.		
0-9	<i>Content Divider Pages</i> or Sections	Use 0 to 9 <i>content divider/section</i> pages or slides. <i>Content divider/section</i> pages may be tabbed, may contain a title, a section name, <i>graphic</i> elements, thematic decorations, and/or page numbers. They must not include any other <i>content</i> .		

Nutrition and Wellness Specifications (continued)

SPECIFICATIONS		LEVEL 1	LEVEL 2	LEVEL 3 and 4
1-8 ½" x 11" page or 2 slides	Subject Profile	<p>The participant(s) will detail the subject of their project including past and <i>current</i> nutrition and wellness information.</p> <p>Choose one individual on the team. The project should concern the individual participant's own nutrition and wellness.</p>	<p>The participant(s) will detail the subject of their project including past and <i>current</i> nutrition and wellness information.</p> <p>Choose one of the following two options: 1) Family: the project should concern one of the individual participant's family's nutrition and wellness (the members of the immediate family or all those living in the residence together) 2) Community Business or Industry- the project should be based on an institution or campaign in the participant's community (e.g. school, nursing home, early childhood center, specific restaurant, etc.)</p>	
3-8 ½" x 11" pages or 4 slides	Nutrition and Wellness Research	Participants should determine at least three key nutrition issues and three key wellness issues which relate to their project area, then elaborate on <i>current</i> information about each item.	Participants should determine at least four key nutrition issues and four key wellness issues which relate to their project area, then elaborate on <i>current</i> information about each item.	Participants should determine at least five key nutrition issues and five key wellness issues which relate to their project area, then elaborate on <i>current</i> information about each item.
Up to 35 8 ½" x 11" pages or 45 slides	Nutrition and Wellness Tracking	The participant will track <i>current</i> nutritional intake and wellness activity for the project's subject for four (4) consecutive days. Tracking may be done using a website or app of the participant's choosing. Summarize the week's tracking of the project's subject.	The participant will track <i>current</i> nutritional intake and wellness activity for the project's subjects for one week (seven consecutive days). Tracking may be done using a website or app of the participant's choosing. Summarize the week's tracking of the project's subjects.	The participant will track <i>current</i> nutritional intake and wellness activity for the project's subjects for ten (10) consecutive days. Tracking may be done using a website or app of the participant's choosing. Summarize the week's tracking of the project's subjects.
	Nutrition and Wellness Concerns	The participant should outline at least three (3) of the concerns of the project's subject and develop at least three (3) goals for improving the nutrition and wellness plan of the subject. This includes health concerns and personal goals of the individual.	The participant should outline at least four (4) of the concerns of the project's subjects and develop at least four (4) goals for improving the nutrition and wellness plan of the subjects. This includes health concerns and personal goals of the individuals.	The participant should outline at least five (5) of the concerns of the project's subjects and develop at least five (5) goals for improving the nutrition and wellness plan of the subjects. This includes health concerns and personal goals of the individuals.
	Nutrition and Wellness Goals	The participant will develop at least three (3) goals for the project and steps that should be taken to reach the goals.	The participant will develop at least four (4) goals for the project and steps that should be taken to reach the goals.	The participant will develop at least five (5) goals for the project and steps that should be taken to reach the goals.
		<p>* Please note: If health concerns are involved, the participant should seek the assistance of a trained <i>professional</i> (doctor, dietitian, personal trainer, etc.). Participants should not consider themselves experts in nutrition and wellness.</p>		

Nutrition and Wellness Specifications (continued)

SPECIFICATIONS		LEVEL 1	LEVEL 2	LEVEL 3 and 4
Up to 35 8 ½" x 11" pages or 45 slides (continued)	Nutrition Plan	The participant will develop one recommended nutrition plan that includes one weeks' worth of menus that meet the nutritional needs of the project's subject in accordance with the above goals. This should include all meals and snacks that would be consumed by the individual. The nutrition plan should be realistic in regards to the schedule of the subject.	The participant will develop one recommended nutrition plan that includes three weeks' worth of menus that meet the nutritional needs of the project's subject in accordance with the above goals. This should include all meals and snacks that would be consumed by the individual. The nutrition plan should be realistic in regards to the schedule of the subject.	The participant will develop one recommended nutrition plan that includes four weeks' worth of menus that meet the nutritional needs of the project's subjects in accordance with the above goals. This should include all meals and snacks that would be consumed by the subjects. The nutrition plan should be realistic in regards to the schedules of the subjects.
	Wellness Plan	The participant will develop one recommended wellness plan that will meet the needs and help realize the goals of the subject. This should be a one-week comprehensive plan that includes all aspects of wellness (e.g. exercise, sleep, etc.).	The participant will develop one recommended wellness plan that will meet the needs and help realize the goals of the subject. This should be a three-week comprehensive plan that includes all aspects of wellness (e.g. exercise, sleep, etc.).	The participant will develop one recommended wellness plan that will meet the needs and help realize the goals of the subjects. This should be a four-week comprehensive plan that includes all aspects of wellness (e.g. exercise, sleep, etc.).
	Implementation Summary	Document discussion of the nutrition and wellness plan with the subject(s). Determine if the plan can be implemented and/or if any changes can be made based on the plan's recommendations. If changes are made, summarize the differences seen, if any, in those who took part.		
	Works Cited/ Bibliography	Use MLA or APA citation style to cite all references. Resources should be <i>reliable</i> and <i>current</i> .		
	Appearance	<i>Portfolio</i> must be neat, legible, and <i>professional</i> and use correct grammar and spelling.		

Nutrition and Wellness Specifications (continued)

Oral Presentation

The oral presentation may be up to 10 minutes in length and is delivered to evaluators. The presentation should explain the specifics of the project. The presentation may not be prerecorded. If audio or *audiovisual equipment* is used, it is limited to 1-minute playing time during the presentation. *Presentation equipment*, with no audio, may be used throughout the oral presentation. Participants may use any combination of *props*, materials, supplies, and/or equipment to demonstrate how to carry out the project.

SPECIFICATIONS	LEVEL 1	LEVEL 2	LEVEL 3 and 4
Organization/Delivery	Deliver oral presentation in an organized, sequential manner; concisely and thoroughly summarize project.		
Knowledge of Nutrition and Wellness	Demonstrate thorough knowledge of nutrition and wellness and ability to apply knowledge to real-life situations.		
Relationship of Family and Consumer Sciences Coursework/Standards	Describe the relationship of Family and Consumer Sciences coursework to nutrition and wellness project.	Describe the relationship of Family and Consumer Sciences coursework to nutrition and wellness project. Explain which national FCCLA program could be used during project implementation.	Describe the relationship of Family and Consumer Sciences coursework to nutrition and wellness project. Explain which national FCCLA program could be used during project implementation. Identify FCS career pathway connections.
Use of <i>Portfolio</i> and <i>Visuals</i> During Presentation	Use the <i>portfolio</i> to describe all phases of the project. Use original, creative, and appealing <i>visuals</i> to support, illustrate, or complement presentation.		
Voice	Speak clearly with appropriate pitch, tempo, and volume.		
Body Language/ Clothing Choice	Use appropriate body language including gestures, posture, mannerisms, eye contact, and appropriate handling of notes or note cards if used. Wear FCCLA official dress or professional dress appropriate for the nature of the presentation.		
Grammar/Word Usage/ Pronunciation	Use proper grammar, word usage, and pronunciation.		
Responses to Evaluators' Questions	Provide clear and concise answers to evaluators' questions regarding the project.		

Resources

- www.choosemyplate.gov
- www.fueluptoplay60.com
- www.fitness.gov
- www.usda.gov
- www.fda.gov
- www.actionforhealthykids.org



NUTRITION AND WELLNESS Rubric – Level 1

Name of Participant _____

Chapter _____ State _____ Team # _____ Station # _____ Level _____

PORTFOLIO							Points
FCCLA Planning Process Summary Page 0–5 points	0 Planning Process summary not provided	1 Inadequate steps in the Planning Process are presented	2 All Planning Process steps are presented but not summarized	3 All Planning Process steps are summarized	4 Evidence that the Planning Process was utilized to plan project	5 The Planning Process is used to plan the project. Each step is fully explained	
Subject Profile 0–10 points	0 Not provided	1 2 Profile is included but vaguely referred to	3 4 Profile has some evidence of self-assessment	5 6 Explained somewhat, but not documented sources of profile	7 8 Documented resources used for profile	9 10 Documented resources used, described role of profile in project	
Nutrition and Wellness Research 0–10 points	0 Not explained	1 2 Some research done but incomplete information, does not address both nutrition and wellness issues	3 4 Research does not address both nutrition and wellness issues, is current but from unreliable sources and does not adequately cover the topic	5 6 Research for 3 nutrition and 3 wellness issues is current, appropriate for topic, from reliable sources, does not adequately cover the topic	7 8 Research for 3 nutrition and 3 wellness issues is current, appropriate for topic, from reliable sources, and adequately covers the topic	9 10 Research for 3 nutrition and 3 wellness issues is current, from reliable sources, documented correctly, and extensively covers the topic	
Nutrition and Wellness Tracking 0–5 points	0 Not included	1 2 Incomplete tracking or summary		3 4 Tracking and summary is provided		5 Complete list of tracking for 4 days is provided and summary is accurate	
Nutrition and Wellness Concerns 0–5 points	0 No concerns provided	1 2 3 or fewer concerns and goals are outlined but are not appropriate		3 4 A minimum of 3 concerns and 3 goals are outlined and are mostly appropriate		5 A minimum of 3 concerns and 3 goals are outlined and are appropriate	
Nutrition and Wellness Goals 0–5 points	0 No goals stated	1 1-3 goals are stated, but are not appropriate	2 2 appropriate goals are stated	3 3 appropriate goals are stated. Goals are some of the following: specific, measurable, attainable, realistic, and timely	4 3 appropriate goals are stated. Goals are some of the following: specific, measurable, attainable, realistic, and timely. Steps to reach goals are included	5 3 appropriate goals are stated. Goals are specific, measurable, attainable, realistic, and timely. Steps to reach goals are included	
Nutrition Plan 0–4 points	0 Not provided	1 2 Plan is included		3 4 Plan is included and meets needs in accordance with goals			
Wellness Plan 0–3 points	0 No plan provided	1 Plan provided with no value or variety in experiences		2 Adequate plan provided with good variety and value of experiences		3 Extensive plan provided with a wide variety of appropriate and valuable experiences. Documentation is clear and easily understood	
Implementation Summary 0–5 points	0 Not included	1 2 Insufficient documentation or summary		3 4 Documented discussion and implementation summary provided		5 Documented discussion and comprehensive summary of implementation provided	
Appearance 0–3 points	0 Portfolio is illegible and unorganized	1 Portfolio is neat, but may contain grammatical or spelling errors and is organized poorly		2 Portfolio is neat, legible, and professional, with correct grammar and spelling		3 Neat, legible, professional, correct grammar and spelling used with effective organization of information	

Nutrition and Wellness Rubric Level 1 (continued)

Points

ORAL PRESENTATION											
Organization/ Delivery 0 – 10 points	0 Presentation is not done or presented briefly and does not cover components of the project	1 Presentation covers some topic elements	2 Presentation covers all topic elements but with minimal information	3 Presentation gives complete information but does not explain the project well	4 Presentation gives complete information but does not explain the project well	5 Presentation gives complete information but does not explain the project well	6 Presentation gives complete information but does not explain the project well	7 Presentation covers information completely but does not flow well	8 Presentation covers information completely but does not flow well	9 Presentation covers all relevant information with a seamless and logical delivery	10 Presentation covers all relevant information with a seamless and logical delivery
Knowledge of Nutrition and Wellness 0-5 points	0 Little or no evidence of knowledge	1 Minimal evidence of knowledge	2 Some evidence of knowledge	3 Knowledge is evident but not effectively used in presentation	4 Knowledge is evident and shared at times in the presentation	5 Knowledge is evident and incorporated throughout the presentation					
Relationship of Family and Consumer Sciences Coursework and Standards 0-3 points	0 No evidence of relationship between project and FCS	1 Minimal evidence and FCS coursework relationship	2 Knowledge of relationship to FCS is good, national program identified. FCS career pathway identified			3 Knowledge of FCS relationship is evident, national program identified, and both explained well. FCS career pathways identified					
Use of Portfolio and Visuals during Presentation 0-3 points	0 Portfolio and visuals not used during presentation	1 Portfolio and visuals used minimally during presentation	2 Portfolio and visuals used effectively throughout presentation			3 Presentation moves seamlessly between oral presentation, portfolio and visuals					
Voice – pitch, tempo, volume 0-3 points	0 Voice qualities not used effectively		1 Voice quality is adequate		2 Voice quality is good, but could improve		3 Voice quality is outstanding and pleasing				
Body Language/ Clothing Choice 0-3 points	0 Uses inappropriate gestures, posture or mannerisms, avoids eye contact/inappropriate clothing		1 Gestures, posture, mannerisms and eye contact is inconsistent/ clothing is appropriate		2 Gestures, posture, mannerisms, eye contact, and clothing are appropriate		3 Gestures, posture, mannerisms, eye contact, and clothing enhance presentation				
Grammar/Word Usage/ Pronunciation 0-3 points	0 Extensive (more than 5) grammatical and pronunciation errors		1 Some (3-5) grammatical and pronunciation errors		2 Few (1-2) grammatical and pronunciation errors		3 Presentation has no grammatical or pronunciation errors				
Responses to Evaluators' Questions 0-5 points	0 Did not answer evaluators' questions	1 Unable to answer some questions	2 Responded to all questions but without ease or accuracy		3 Responded adequately to all questions		4 Gave appropriate responses to evaluators' questions		5 Responses to questions were appropriate and given without hesitation		

Evaluator's Comments – include two things done well and two opportunities for improvement:

TOTAL
(90 points possible)

Evaluator # _____

Evaluator Initial _____

Room Consultant Initial _____



NUTRITION AND WELLNESS Rubric – Level 2

Name of Participant _____

Chapter _____ State _____ Team # _____ Station # _____ Level _____

PORTFOLIO							Points
FCCLA Planning Process Summary Page 0–5 points	0 Planning Process summary not provided	1 Inadequate steps in the Planning Process are presented	2 All Planning Process steps are presented but not summarized	3 All Planning Process steps are summarized	4 Evidence that the Planning Process was utilized to plan project	5 The Planning Process is used to plan the project. Each step is fully explained	
Subject Profile 0–10 points	0 Not provided	1 2 Profile is included but vaguely referred to	3 4 Profile has some evidence of self-assessment	5 6 Explained somewhat, but not documented sources of profile	7 8 Documented resources used for profile	9 10 Documented resources used, described role of profile in project	
Nutrition and Wellness Research 0–10 points	0 Not explained	1 2 Some research done but incomplete information, does not address both nutrition and wellness issues	3 4 Research does not address both nutrition and wellness issues, is current but from unreliable sources and does not adequately cover the topic	5 6 Research for 4 nutrition and 4 wellness issues is current, appropriate for topic, from reliable sources, does not adequately cover the topic	7 8 Research for 4 nutrition and 4 wellness issues is current, appropriate for topic, from reliable sources, and adequately covers the topic	9 10 Research for 4 nutrition and 4 wellness issues is current, from reliable sources, documented correctly, and extensively covers the topic	
Nutrition and Wellness Tracking 0–5 points	0 Not included	1 2 Incomplete tracking or summary		3 4 Tracking and summary is provided	5 Complete list of tracking for 7 days is provided and summary is accurate		
Nutrition and Wellness Concerns 0–5 points	0 No concerns provided	1 2 4 or fewer concerns and goals are outlined but are not appropriate		3 4 A minimum of 4 concerns and 4 goals are outlined and are mostly appropriate	5 A minimum of 4 concerns and 4 goals are outlined and are appropriate		
Nutrition and Wellness Goals 0–5 points	0 No goals stated	1 1–4 goals are stated, but are not appropriate	2 4 appropriate goals are stated	3 4 appropriate goals are stated. Goals are some of the following: specific, measurable, attainable, realistic, and timely	4 4 appropriate goals are stated. Goals are some of the following: specific, measurable, attainable, realistic, and timely. Steps to reach goals are included	5 4 appropriate goals are stated. Goals are specific, measurable, attainable, realistic, and timely. Steps to reach goals are included	
Nutrition Plan 0–4 points	0 Not provided	1 2 Plan is included		3 4 Plan is included and meets needs in accordance with goals			
Wellness Plan 0–3 points	0 No plan provided	1 Plan provided with no value or variety in experiences		2 Adequate plan provided with good variety and value of experiences	3 Extensive plan provided with a wide variety of appropriate and valuable experiences. Documentation is clear and easily understood		
Implementation Summary 0–5 points	0 Not included	1 2 Insufficient documentation or summary		3 4 Documented discussion and implementation summary provided		5 Documented discussion and comprehensive summary of implementation provided	
Appearance 0–3 points	0 Portfolio is illegible and unorganized	1 Portfolio is neat, but may contain grammatical or spelling errors and is organized poorly		2 Portfolio is neat, legible, and professional, with correct grammar and spelling		3 Neat, legible, professional, correct grammar and spelling used with effective organization of information	

Nutrition and Wellness Rubric Level 2 (continued)

Points

ORAL PRESENTATION											
Organization/ Delivery 0 – 10 points	0 Presentation is not done or presented briefly and does not cover components of the project	1 Presentation covers some topic elements	2 Presentation covers all topic elements but with minimal information	3 Presentation gives complete information but does not explain the project well	4 Presentation gives complete information but does not explain the project well	5 Presentation gives complete information but does not explain the project well	6 Presentation gives complete information but does not explain the project well	7 Presentation covers information completely but does not flow well	8 Presentation covers information completely but does not flow well	9 Presentation covers all relevant information with a seamless and logical delivery	10 Presentation covers all relevant information with a seamless and logical delivery
Knowledge of Nutrition and Wellness 0-5 points	0 Little or no evidence of knowledge	1 Minimal evidence of knowledge	2 Some evidence of knowledge	3 Knowledge is evident but not effectively used in presentation	4 Knowledge is evident and shared at times in the presentation	5 Knowledge is evident and incorporated throughout the presentation					
Relationship of Family and Consumer Sciences Coursework and Standards 0-3 points	0 No evidence of relationship between project and FCS	1 Minimal evidence of FCS coursework relationship	2 Knowledge of relationship to FCS is good, national program identified. FCS career pathway identified			3 Knowledge of FCS relationship is evident, national program identified, and both explained well. FCS career pathways identified					
Use of Portfolio and Visuals during Presentation 0-3 points	0 Portfolio and visuals not used during presentation	1 Portfolio and visuals used minimally during presentation	2 Portfolio and visuals used effectively throughout presentation			3 Presentation moves seamlessly between oral presentation, portfolio and visuals					
Voice – pitch, tempo, volume 0-3 points	0 Voice qualities not used effectively		1 Voice quality is adequate		2 Voice quality is good, but could improve		3 Voice quality is outstanding and pleasing				
Body Language/ Clothing Choice 0-3 points	0 Uses inappropriate gestures, posture or mannerisms, avoids eye contact/inappropriate clothing		1 Gestures, posture, mannerisms and eye contact is inconsistent/ clothing is appropriate		2 Gestures, posture, mannerisms, eye contact, and clothing are appropriate		3 Gestures, posture, mannerisms, eye contact, and clothing enhance presentation				
Grammar/Word Usage/ Pronunciation 0-3 points	0 Extensive (more than 5) grammatical and pronunciation errors		1 Some (3-5) grammatical and pronunciation errors		2 Few (1-2) grammatical and pronunciation errors		3 Presentation has no grammatical or pronunciation errors				
Responses to Evaluators' Questions 0-5 points	0 Did not answer evaluators' questions	1 Unable to answer some questions	2 Responded to all questions but without ease or accuracy		3 Responded adequately to all questions		4 Gave appropriate responses to evaluators' questions		5 Responses to questions were appropriate and given without hesitation		

Evaluator's Comments – include two things done well and two opportunities for improvement:

TOTAL
(90 points possible)

Evaluator # _____

Evaluator Initial _____

Room Consultant Initial _____



NUTRITION AND WELLNESS

Rubric – Level 3 and 4

Name of Participant _____

Chapter _____ State _____ Team # _____ Station # _____ Level _____

PORTFOLIO							Points
FCCLA Planning Process Summary Page 0–5 points	0 Planning Process summary not provided	1 Inadequate steps in the Planning Process are presented	2 All Planning Process steps are presented but not summarized	3 All Planning Process steps are summarized	4 Evidence that the Planning Process was utilized to plan project	5 The Planning Process is used to plan the project. Each step is fully explained	
Subject Profile 0–10 points	0 Not provided	1 Profile is included but vaguely referred to	2 Profile has some evidence of self-assessment	3 Explained somewhat, but not documented sources of profile	4 Documented resources used for profile	5 Documented resources used, described role of profile in project	
Nutrition and Wellness Research 0–10 points	0 Not explained	1 Some research done but incomplete information, does not address both nutrition and wellness issues	2 Research does not address both nutrition and wellness issues, is current but from unreliable sources and does not adequately cover the topic	3 Research for 5 nutrition and 5 wellness issues is current, appropriate for topic, from reliable sources, does not adequately cover the topic	4 Research for 5 nutrition and 5 wellness issues is current, appropriate for topic, from reliable sources, and adequately covers the topic	5 Research for 5 nutrition and 5 wellness issues is current, from reliable sources, documented correctly, and extensively covers the topic	
Nutrition and Wellness Tracking 0–5 points	0 Not included	1 Incomplete tracking or summary	2 Tracking and summary is provided	3 Complete list of tracking for 10 days is provided and summary is accurate	4	5	
Nutrition and Wellness Concerns 0–5 points	0 No concerns provided	1 5 or fewer concerns and goals are outlined but are not appropriate	2 A minimum of 5 concerns and 5 goals are outlined and are mostly appropriate	3 A minimum of 5 concerns and 5 goals are outlined and are appropriate	4	5	
Nutrition and Wellness Goals 0–5 points	0 No goals stated	1 1-5 goals are stated, but are not appropriate	2 5 appropriate goals are stated	3 5 appropriate goals are stated. Goals are some of the following: specific, measurable, attainable, realistic, and timely	4 5 appropriate goals are stated. Goals are some of the following: specific, measurable, attainable, realistic, and timely. Steps to reach goals are included	5 5 appropriate goals are stated. Goals are specific, measurable, attainable, realistic, and timely. Steps to reach goals are included	
Nutrition Plan 0–4 points	0 Not provided	1 Plan is included	2 Plan is included and meets needs in accordance with goals	3	4	5	
Wellness Plan 0–3 points	0 No plan provided	1 Plan provided with no value or variety in experiences	2 Adequate plan provided with good variety and value of experiences	3 Extensive plan provided with a wide variety of appropriate and valuable experiences. Documentation is clear and easily understood	4	5	
Implementation Summary 0–5 points	0 Not included	1 Insufficient documentation or summary	2 Documented discussion and implementation summary provided	3 Documented discussion and comprehensive summary of implementation provided	4	5	
Appearance 0–3 points	0 Portfolio is illegible and unorganized	1 Portfolio is neat, but may contain grammatical or spelling errors and is organized poorly	2 Portfolio is neat, legible, and professional, with correct grammar and spelling	3 Neat, legible, professional, correct grammar and spelling used with effective organization of information	4	5	

Nutrition and Wellness Rubric Level 3 and 4 (continued)

Points

ORAL PRESENTATION											
Organization/ Delivery 0 – 10 points	0 Presentation is not done or presented briefly and does not cover components of the project	1 Presentation covers some topic elements	2 Presentation covers all topic elements but with minimal information	3 Presentation gives complete information but does not explain the project well	4 Presentation gives complete information but does not explain the project well	5 Presentation gives complete information but does not explain the project well	6 Presentation gives complete information but does not explain the project well	7 Presentation covers information completely but does not flow well	8 Presentation covers information completely but does not flow well	9 Presentation covers all relevant information with a seamless and logical delivery	10 Presentation covers all relevant information with a seamless and logical delivery
Knowledge of Nutrition and Wellness 0-5 points	0 Little or no evidence of knowledge	1 Minimal evidence of knowledge	2 Some evidence of knowledge	3 Knowledge is evident but not effectively used in presentation	4 Knowledge is evident and shared at times in the presentation	5 Knowledge is evident and incorporated throughout the presentation					
Relationship of Family and Consumer Sciences Coursework and Standards 0-3 points	0 No evidence of relationship between project and FCS	1 Minimal evidence of FCS coursework relationship	2 Knowledge of relationship to FCS is good, national program identified. FCS career pathway identified	3 Knowledge of FCS relationship is evident, national program identified, and both explained well. FCS career pathways identified							
Use of Portfolio and Visuals during Presentation 0-3 points	0 Portfolio and visuals not used during presentation	1 Portfolio and visuals used minimally during presentation	2 Portfolio and visuals used effectively throughout presentation		3 Presentation moves seamlessly between oral presentation, portfolio and visuals						
Voice – pitch, tempo, volume 0-3 points	0 Voice qualities not used effectively		1 Voice quality is adequate		2 Voice quality is good, but could improve		3 Voice quality is outstanding and pleasing				
Body Language/ Clothing Choice 0-3 points	0 Uses inappropriate gestures, posture or mannerisms, avoids eye contact/inappropriate clothing		1 Gestures, posture, mannerisms and eye contact is inconsistent/ clothing is appropriate		2 Gestures, posture, mannerisms, eye contact, and clothing are appropriate		3 Gestures, posture, mannerisms, eye contact, and clothing enhance presentation				
Grammar/Word Usage/ Pronunciation 0-3 points	0 Extensive (more than 5) grammatical and pronunciation errors		1 Some (3-5) grammatical and pronunciation errors		2 Few (1-2) grammatical and pronunciation errors		3 Presentation has no grammatical or pronunciation errors				
Responses to Evaluators' Questions 0-5 points	0 Did not answer evaluators' questions	1 Unable to answer some questions	2 Responded to all questions but without ease or accuracy	3 Responded adequately to all questions	4 Gave appropriate responses to evaluators' questions	5 Responses to questions were appropriate and given without hesitation					

Evaluator's Comments – include two things done well and two opportunities for improvement:

TOTAL
(90 points possible)

Evaluator # _____

Evaluator Initial _____

Room Consultant Initial _____