Rubric: Food Journal and Reflection Essay

This assignment is worth 100 points, distributed as follows:

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| 50 | **Food Journal Entries:** Food journal is detailed and thorough. It contains specifics like brands, sources (Farmer's Market, restaurant, grocery store, etc), quantities (how much you ate), and other specific information such as who you ate with and how you felt about the food. The key here is detail and specificity. You will not be evaluated based on what you eat, but rather based on how well you document it. See my "Sample" entry for a good idea of how detailed to be. |
| 10 | **Addresses Three Assignment Sheet Questions:** Thoroughly engages at least three questions on the assignment sheet. |
| 15 | **Organization:** Paper is composed of paragraphs that build on one another and paper uses effective transitions to guide the reader. The paper should **NOT** read like a list of answers to the questions on the assignment sheet. |
| 15 | **Thoughtfulness:** The paper should delve into an interesting discovery about your food habits or the act of recording them. Paper should also meet the required length (at least 2 full pages). |
| 10 | **Formatting:** Paper follows MLA formatting conventions (see Purdue OWL sample paper), is double-spaced, 12pt. font, etc. |