

## Rubric: “You Are What You Eat” Discussion

Criteria	Excellent (4 pts)	Good (3 pts)	Fair (2 pts)	Needs Improvement (1 pt)
<b>Understanding of Nutrition Concepts</b>	Demonstrates deep understanding of how nutrition affects the chosen organ system; uses accurate terminology and examples.	Shows good understanding with mostly accurate terminology and examples.	Basic understanding; some inaccuracies or vague explanations.	Limited or unclear understanding; lacks relevant terminology or examples.
<b>Application to Personal Experience</b>	Thoughtfully connects nutrition concepts to personal habits or observations; provides a clear, relevant example.	Connects concepts to personal experience with a somewhat relevant example.	Makes a general or superficial connection; example may be unclear.	No personal connection or example provided.
<b>Critical Thinking &amp; Insight</b>	Offers original insights; considers broader implications (e.g., cultural, economic, or health factors).	Shows some insight; touches on broader implications.	Limited insight; mostly descriptive without deeper analysis.	No evidence of critical thinking or reflection.
<b>Clarity &amp; Organization</b>	Well-organized, clearly written, and easy to follow; ideas flow logically.	Generally clear and organized; minor issues with flow or clarity.	Some organization; ideas may be hard to follow or poorly structured.	Disorganized or unclear; difficult to understand.
<b>Engagement with Prompt</b>	Fully addresses all parts of the prompt with depth and relevance.	Addresses most parts of the prompt; may lack depth in one area.	Addresses some parts of the prompt; may miss key elements.	Does not adequately address the prompt.

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### Total Points: 20

18–20: Exceptional response

15–17: Strong response

11–14: Adequate response

≤10: Needs improvement