**Core Assessment**

**Nutritional Plan**

Directions: Your job will be to create a nutritional plan for a specific client based on the information provided.

1st Research – Choose a topic from the attached list, after choosing your topic, you will need to find as much information as you can. Print or copy your research and highlight important information you will use to complete your project. You will turn in all your highlighted material with your completed project.

2nd Multimedia - Organize your research and create a visual aid in one of the following forms: a PowerPoint, poster, video, brochure, song, and cartoon, etc…

3rd Menu - Create a five day menu plan for the specific needs to your client. Include three meals and two snacks.

**Sample Format**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Day One** | **Day Two** | **Day Three** | **Day Four** | **Day Five** |
| **Breakfast** |  |  |  |  |  |
| **Snack** |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |
| **Snack** |  |  |  |  |  |
| **Dinner** |  |  |  |  |  |

4th Essay - Defend your menu plan by writing an essay supporting your decisions on creating the menu you did.

When you are finished make sure you hand in the following items with your name on each.

\_\_\_\_\_\_ highlighted notes

\_\_\_\_\_\_ Multimedia (if you drop this in my share folder, take a blank sheet of paper write and tell me to look in the drop folder)

\_\_\_\_\_\_ Five day menu

\_\_\_\_\_\_ Essay

\_\_\_\_\_\_Rubric