**Rubric: Fad Diets**

**Expectations**

As with all written assignments for this course, in addition to the criteria listed below, your work will also be assessed according to the standards found in the Grade 12 Writing Standards:

* Spelling, grammar, and organization will count.
* You must write in full sentences.

**Criteria**

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| --- | --- | --- |
|  | **Meets Expectations** | **Exceeds Expectations** |
| **Writing and Organization** | Student’s assignment adequately addresses most parts of the assignment question, and is reasonably clear and organized. It includes citations for sources.  | Student’s assignment thoroughly addresses all parts of the assignment question, and it is very well written, clear and organized. It includes citations for sources.  |
| 3-4 | 5 |
| **Explanation of Fad Diet** | The fad diet chosen is identified, and several aspects of both how to follow the diet and the supposed benefits are explained adequately. | The fad diet chosen is identified, and the majority of aspects of both how to follow the diet and the supposed benefits are explained clearly.  |
| 3-4 | 5 |
| **Evaluation of Fad Diet** | Evaluation of the fad diet incorporates some guidelines from Canada’s Food Guide. The conclusions about level of safety and impact on long term health of the diet are accurate and explained adequately.  | Evaluation of the fad diet incorporates several guidelines from Canada’s Food Guide. The conclusions about level of safety and impact on long term health of the diet are accurate and explained fully. |
| 6-8 | 9-10 |