**Human Nutrition II: Micronutrients 100 Points**

**Vitamin-Rich Menu**

**\*B1,(Thiamin) B2,(Riboflavin) B3, (Niacin) B5, (Pathothenic Acid) B6, Biotin, Folate, B12, C, A, D, E & K (and choline)\*}.**

**Note\*\*\*\*Please select RDA/AI for 19+ years Female - for each Vitamin listed above\*\*\*\*\*\***

* **Menu for a day: Plan a menu for a day that meets the vitamin requirements (RDA or AI) for each vitamin listed above**
* *Please state your name, age and gender in the top line of your file with the menu*). Y*ou may go over the RDA or AI a little, but please be sure to not be under the RDA or AI for any of the vitamins.*
* ***\*Cronometer: Please use Cronometer to complete the mineral analysis of your diet for this assignment*.  You need to show the percentage of the nutrient that you met (i.e. 85% of your RDA of Vitamin D or 112% of your RDA of Riboflavin).**
* **Rationale: In 1-2 paragraphs**, describe your **Rationale** behind:
  + Selecting the foods that you did,
  + Factors that could increase or decrease the absorption of these vitamins/nutrients (cooking method, type of cookware,
  + Factors in the food that may limit absorption (and ways to prevent this by cooking preparation methods or other factors).
  + Comment on how this process affected your knowledge and understanding about vitamins and;
  + Any challenges that you encountered in devising your vitamin-rich menu for a day.
* **Cite Sources**: Please cite any sources used to prepare this assignment using APA format
* **Acceptable file types include .doc,.docx,.pdf. There have been issues with Excel files saved in PDF in the past (everything is tiny which makes reviewing and grading very challenging!).**
* **Rubric (see next page)**

**Vitamin and Mineral Table and Menu Assignment Rubric - NUTR 612**

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| **Criteria** | **Ratings** | **Pts** |
| This criterion is linked to a Learning OutcomeContent (Nutrient Table) | |  |  |  |  | | --- | --- | --- | --- | | **50.0 pts**  **Demonstrates exceptional content knowledge and integration. 50 pts.** | **40.0 pts**  **(30-48 points) Demonstrates basic content knowledge. 40 pts** | **24.0 pts**  **(20-28 points) Incomplete content knowledge - you need much more detail in your table. 24 pts.** | **10.0 pts**  **(0-18 points) Incomplete content knowledge and effort - columns and/or nutrients from the table are missing. 10 pts.** | | 50.0 pts |
| This criterion is linked to a Learning OutcomeContent (Menu) | |  |  |  |  | | --- | --- | --- | --- | | **30.0 pts**  **Comprehensive menu plan - meets nutrient needs for all nutrients for this assignment and thorough, thoughtful rationale/commentary. 30 pts.** | **24.0 pts**  **(20-28 points) Largely complete menu plan - meets nutrient needs for less than or equal to 1 nutrient and/or largely complete rationale/commentary. 24 pts.** | **14.0 pts**  **(10-18 points) Incomplete menu plan - does not meet the nutrient needs for greater than/equal to 2 nutrients anb/or does not completely respond to rationale/commentary questions in II b. 14 pts.** | **4.0 pts**  **(0-8 points) Incomplete menu plan - does not meet the nutrient needs for greater than 3 nutrients and/or missing (or insufficient) in rationale/commentary. 4 pts.** | | 30.0 pts |
| This criterion is linked to a Learning OutcomeOrganization & Formatting | |  |  |  |  | | --- | --- | --- | --- | | **10.0 pts**  **Clearly organized and formatted. Information is clearly delineated and readable. 10 pts.** | **7.0 pts**  **(6-8 points) Organized & formatted overall (but somewhat difficult to follow text and tables). 7 pts.** | **3.0 pts**  **(2-4 points) Organized & formatted to an extent (but difficult to follow text and tables and interferes with understanding the material). 3 pts.** | **0.0 pts**  **No clear organization to material and/or formatting is unclear or poorly displays content. 0 pts.** | | 10.0 pts |
| This criterion is linked to a Learning OutcomeSpelling & Grammar | |  |  |  |  | | --- | --- | --- | --- | | **10.0 pts**  **Correct spelling, grammar and APA format. 10 pts.** | **7.0 pts**  **(6-8 points) Minor spelling/grammatical errors and/or errors in APA format. 7 pts.** | **3.0 pts**  **(2-4 points) Significant spelling & grammatical errors with lack of (or incorrect) APA format. 3 pts.** | **0.0 pts**  **Used texting-type or informal language with spelling, grammar errors and lack of/incorrect APA format. 0 pts.** | | 10.0 pts |
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