

SCORING GUIDES FOR SELF-ASSESSMENT

Presented by Amy Skyles, Instructional Designer



The Problems

1. Students submitted final culminating project.
2. Even when students “got it” they missed points.

The Solutions

1. Show scoring guide in advance.
2. Collect student feedback on scoring guide.
3. Allow draft submission before final submission.

Based on your feedback, I'll be working on adjusting the scoring guide. All adjustments

that use ~~strikethrough~~ feedback. Once I have a final version, I'll post it to the "Final Project" module in Canvas. Each group should post their members' names and the same color for any missing information, simply as shown below.

- Groups:
- Sample group: Batma
 - Group 6: Damien, Just
 - Group 12: Michelle, Al
 - Group 10: Cassie, Car
 - Group 3: ~~Joe'l~~, Ari, Cl
 - Group 8: Kayli, Elsie, S
 - Group 5: Janie and S
 - Group 11: Madison, J
 - Group 1: Megan, Jori
 - Group 9: Lindsey, At
 - Group 7: ~~Cas~~, Azriel
 - Group 2: Alexa, Mattl
 - Group 4: Megan, Maddy


Based on your feedback, I'll be working on adjusting the scoring guide. All adjustments that use ~~strikethrough~~ text or are underlined are my adjustments based on your feedback. Once I have a final version, I'll post it to the "Final Project" module in Canvas. A sample group with the proper format is listed for you below.


Notice that the colors to the right don't match the colors of the sample group with the proper format is listed for you below. because Google docs automatically color-codes users.


Nutrition Final Project Scoring Guide (50 pts)


~~Food Log (20 pts)~~ (25 points)
~~(25 pts)~~ (25 pts) ~~(20pts)~~ ~~(30pts)~~ ~~(30pts)~~
 (25 pts because a lot more time and effort is put into this section.) (20 pts)
 Each tab of the food log spreadsheet is worth 5 7 points.
 Day 1 Food, Day 2 Food, Day 3 Food: Each page will receive a 1pt deduction for any foods that are missing nutrients, up to a total of 5 7pts deducted per page. Be sure to include any condiments or additions to all foods (butter, catsup, salad dressing, etc.). (keep it the same 20 points)
 Activity Summary: Each missing or incorrectly calculated value will result in a 1pt deduction, up to a total of 5 4pts.
~~Write-Up (30 pts)~~ (25 pts)
~~(25 pts)~~ (25 pts) ~~(keep the same 30 points)~~ ~~(20 pts)~~ ~~(30pts)~~ ~~(20pts)~~ ~~(30 pts)~~
 (25 pts because the analysis is dependent on the quality of data used in the food log)
 1. From your activity summary sheet on the project spreadsheet, add your total surplus/deficit for the three days. What is the total? If you were to continue this pattern for 30

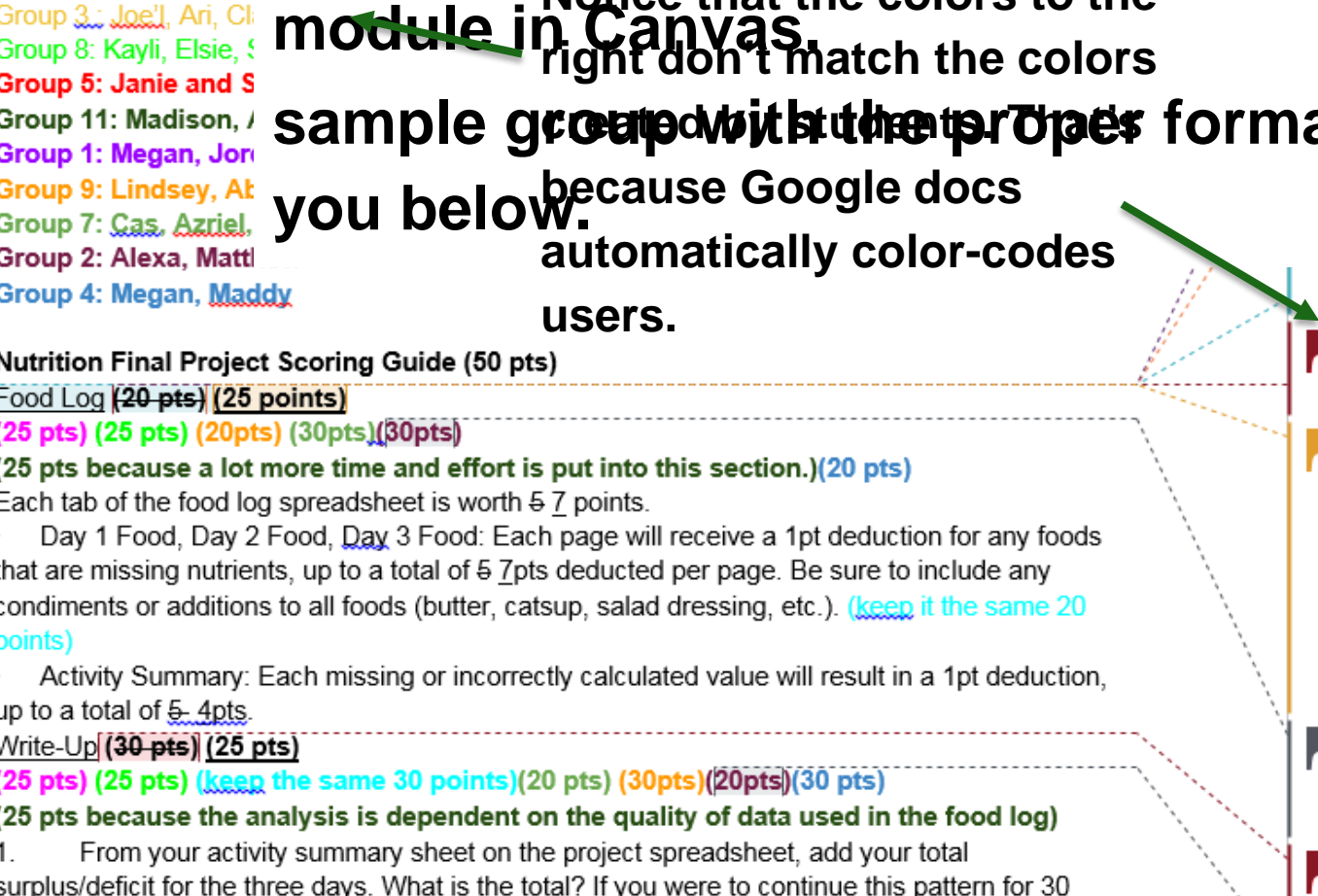
takes more time to record what you eat than for the calculations on excel.

 Joel [redacted]
(we think that this should be worth 25 points. To keep it even)

 Amy Skyles
There seems to be a general consensus in the class that the spreadsheet should be weighted as heavily as the analysis. The analysis is the main focus of the assignment, but I am ok with making the data collection equally weighted. This decision is not based on the amount of time needed to collect the data. Rather, I made the decision because I would like for you to recognize that without proper data collection, your analysis will not likely be accurate.

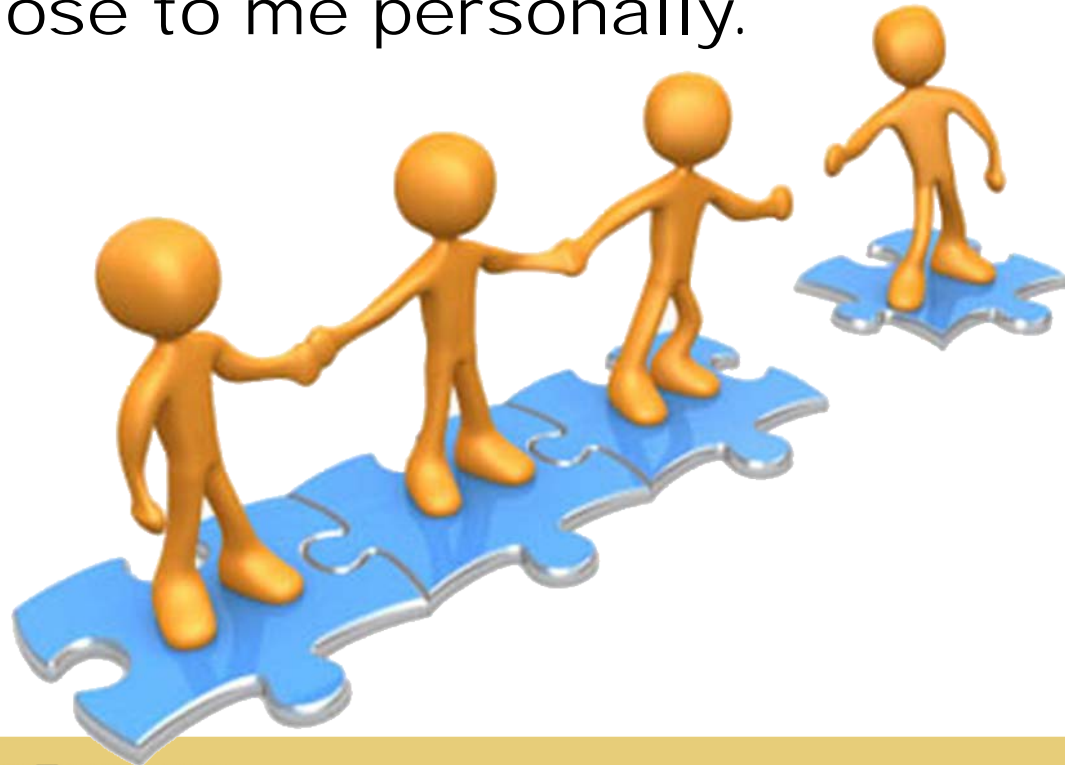
 Alexa [redacted]
We think that the Food log should be worth more because it will take more time to fill out. We also have to watch what we eat and keep track of it.

 Joel [redacted]
(we think that this should be worth 25 points. To



Another Key Step

After my corrections were made, I sent a message to the students to review the revised rubric. If they had comments or suggestions, I asked that each individual send those to me personally.



Example 1

What DOES[®]
2000 Calories
LOOK LIKE?

1. From your activity summary sheet on the project spreadsheet, add your total surplus/deficit for the three days. What is the total? If you were to continue this pattern for 30 days, how much weight would you gain or lose? Show calculations.

Estimated Calories Burned(ECB)	Actual Calories Consumed(ACC)	Net Daily Calories: should be positive (ACC – Total ECB)	Estimated Calories Needed
Day 1: 183 34 Total: 217	2895.4	2678.4	2258.6
Day 2: 183 34 Total: 217	2967	2750	2258.6
Day 3: 183 34 120 122 153 Total: 612	2604	1992	2258.6

Instructor Prompt

Student Response

According to the table of data collected, the first day the surplus/deficit was equal to Estimated Calories Needed minus Net Daily calories, which was $2258.6 - 2678.4$, or -419.8 calories (this is a surplus value). The Estimated Calories Needed was calculated through the formula Recommended calories consumed = $(\text{bodyweight} * 4.35) + (\text{height (inches)} * 4.7) + (\text{age (in years)} * 4.7) + 655$ which in my case was $(266 * 4.35) + (72 * 4.7) + (23 * 4.7) + 655$ which equals 2258.6 calories. For day 2 it was $2258.6 - 2750 = -491.4$ calories, again a surplus value. For Day 3 the value was $1992 - 2258.6$ or -266.6 calories, which is a deficit value.

Added together, the total surplus was $(-419.8 + (-491.4) + 266.6)$ or 644.6 calorie surplus. If this pattern continued over the course of 30 days, my total consumed calories would average to be 2903.2. According to the MyFitnessPal built in calculator, this would cause my weight to change from 266 to 273.1.

Student Scoring

1. From your activity summary sheet on the pro the three days. What is the total? If you were weight would you gain or lose? Show calcula

2pt	1pt
Total is shown from spreadsheet, total is multiplied for 30 day result, weight gain/loss is calculated.	Total, 30 day s gain or loss is calculation is r

-I showed the calculations for all three days and inclu amount of calories that I should consume in 1 day to full calculation for the weight gain/loss, I did include

2. Calculate the ratio of *energy-yielding nutrient* percentage of each nutrient. Show your work and protein) below and place the percentage **calculation for one day 2pts for table**). Pleas represent.

Amy Skyles: Once you update your numbers in the spreadsheet, update this as well. Once you have the totals like you have calculated now, add them to get a three day total. Then multiply that times 10 to get a 30 day estimate. You will divide the 30 day estimate by the number of kcal in a pound (you can find it in your book or just Google it). This will give you an estimate of pounds gained or lost. This should be a pretty easy fix once you get the spreadsheet updated. Make sure you show the calculation and don't just rely on the MFP calculator. Sometimes, because it is really an estimate based on the general population, it isn't quite right for everyone's diet.

Instructor Feedback

Amy Skyles: Once you update your numbers in the spreadsheet, update this as well. Once you have the totals like you have calculated now, add them to get a three day total. Then multiply that times 10 to get a 30 day estimate. You will divide the 30 day estimate by the number of kcal in a pound (you can find it in your book or just Google it). This will give you an estimate of pounds gained or lost. This should be a pretty easy fix once you get the spreadsheet updated. Make sure you show the calculation and don't just rely on the MFP calculator. Sometimes, because it is really an estimate based on the general population, it isn't quite right for everyone's diet.



Estimated Calories Burned(ECB)	Actual Calories Consumed(ACC)	Net Daily Calories: should be positive (ACC - Total ECB)	Estimated Calories Needed
Day 1: 183 34 Total: 217	2895.4	2678.4	2000
Day 2: 183 34 Total: 217	2967	2750	2000
Day 3: 183 34 120 122 153 Total: 612	2604	1992	2000



Color-Coded Student Corrections

Not perfect, but better than the draft.

According to the daily recommended calorie value of 2000 calories per day, the first day the surplus/deficit was equal to Estimated Calories Needed minus Net Daily calories, which was $2000 - 2678.4$, or -678.4 calories (this is a surplus value). The Estimated Calories Needed was calculated through the formula Recommended calories consumed = (bodyweight * 4.35) + (height (inches) * 4.7) + (age (in years) * 4.7) + 655 which in my case was $(266 * 4.35) + (72 * 4.7) + (23 * 4.7) + 655$ which equals 2258.6 calories.

For day 2 it was $2000 - 2750 = -750$ calories, again a surplus value.

For Day 3 the value was $2000 - 1992$ or 8 calories, this is a deficit value.

Added together, the total surplus was $(-750 - 678.4 + 8)$ or 1420.4 calorie surplus. If this pattern continued over the course of 30 days, my total consumed calories would average to be $3420.4 * 10$ days, which would equal 34204 calories over 30 days. To estimate my weight, I use the formula $34204 \text{ calories} / 3500 \text{ calories/lb} = 9.8 \text{ lbs}$. so I would gain 9.8 lbs over the next 30 days. This seems like a ridiculous number to gain in the course of a month, however I understand that it is easier to gain weight than it is to lose it. 🍷.....

Example 2



3. Do the ratios of energy-yielding nutrients that you consumed correspond to the recommended allowances? Explain.

- For the most part, yes they do. The daily recommended percentage range for carbohydrates is 45 – 65%. The daily recommended percentage range for fat is 20 - 35%, The daily recommended percentage range for protein is 10 – 35%. I was within a healthy range of fat on the first day and then grossly over the recommended range on the second day, and only slightly over the recommended percentage on the third day. For Carbohydrates, the only day that I consumed the recommended percentage was day 3, in days 1 and 2 I was at a lower than recommended percentage. For protein, I was within the daily recommended percentage zone for the first two days and only slightly under the percentage on the third day.

Student Response

Student Scoring

3. Do the ratios of energy-yielding nutrients that you consumed correspond to the recommended allowances? Explain (1pt).

1pt	Opts
Answer and explanation included	No explanation for answer or explanation lacking and response needs improvement.
I included an answer and explained why I answered what I did.	

4. ~~Are there any nutrients (macro or micro) lacking from your three day diet analysis? Explain any~~

Instructor Feedback

Amy Skyles: Re-evaluate this a little. Your fat percentages are over each day. If you reduce fat intake, what should you try to get more of, carbs or protein?

3. Do the ratios of energy-yielding nutrients that you consumed correspond to the recommended allowances? Explain.

- For the most part, yes they do. The daily recommended percentage range for carbohydrates is 45 – 65%. The daily recommended percentage range for fat is 20 - 35%, The daily recommended percentage range for protein is 10 – 35%. I was grossly over the recommended range for all three days, for fat consumption. For Carbohydrates, I was within the recommended percentage for all three days. For protein, I was within the daily recommended percentage zone for the first two days and only slightly under the percentage on the third day. If I wanted to reduce the fat in my diet, I would have to replace the calories from fat with calories from either protein or carbohydrates. The healthier choice is to replace the calories from fat with calories from protein. Adding the protein to your body allows more muscle to form and muscle helps regulate fat.

Color-Coded
Student Corrections







Again, the student submission isn't a perfect response, but it is an improvement over the draft submission.

And the Survey Says...

Attempts: 27 out of 27





Student input on the scoring guide for the final project helped me to better understand the requirements of the project.

Very True	7 respondents	26 %	
Somewhat True	11 respondents	41 %	
Neutral	8 respondents	30 %	
Somewhat Untrue	1 respondents	4 %	
Very Untrue		0 %	

There's not really a "correct" answer on these questions.

Attempts: 27 out of 27

Allowing multiple submissions (draft and final) on the final project helped me to better learn the important aspects of diet analysis.

Very True	21 respondents	78 %	
Somewhat True	2 respondents	7 %	
Neutral	4 respondents	15 %	
Somewhat Untrue		0 %	
Very Untrue		0 %	

Attempts: 27 out of 27

Using the scoring guide for the final project on my own project before submission helped me to better understand the requirements of the final project.

Very True	15 respondents	56 %	
Somewhat True	7 respondents	26 %	
Neutral	5 respondents	19 %	
Somewhat Untrue		0 %	
Very Untrue		0 %	

