Grading Criteria: Part I  3-Day Computer Analysis of Usual Diet TOTAL (100 pts)

1. Computer Printouts (10 points)
   - Day 1
     Number of total kcals = __________.
   - Day 2
     Number of total kcals = __________.
   - Day 3
     Number of total kcals = __________.
   - 3-day Average

2. Food Guide Pyramid/Dietary Guidelines Checklist (10 points)

3. Food Intake Record Sheets (10 points)

4. Physical Activity Log Sheets (10 points)

5. Food Safety Quiz (10 points)

6. Select Nutrients Circled (10 points)

7. Written Analysis (40 points)
   - Nutrients lacking/excess as shown on 3-day average
   - Comparison to Food Guide Pyramid & Dietary Guidelines
   - Kcal intake compared to recommended
   - Surprised by any findings?
   - Discussion of any supplements taken
   - What would you change?
   - Physical Activity compared to recommendations
   - Food Safety Quiz results
   - Spelling & Grammar