**Descriptor and Scoring Guide**

**Task I Project descriptor: *(project is due February 10-11).***

You and your partner will create a one-page diet plan for an active teenager. You will have to identify whether your plan is for a male or female teenager at age 16. Your plan must include

What percentage of each food group should be consumed each day ***(4 points possible)***

What type of activity each week (and how long they should participate in the activity) ***(4 points possible)***

 What a serving size for each food group might look like***(4pts points possible )***

A suggested two week meal plan (meal suggestions). ***(4 points possible)***

I have included some helpful websites to look for information.

<http://www.health.gov/dietaryguidelines/dga2000/document/build.htm>

<http://www.nutrition.gov/life-stages/adolescents/tweens-and-teens>

<http://www.cnpp.usda.gov/Publications/USDAFoodPatterns/EstimatedCalorieNeedsPerDayTable.pdf>

**Task II Project descriptor: (*project due February 18-19).***

Once you and your partner have finished the case study questions in part 1 and your team has completed Task I in part II, you will work together to select a food additive that is listed on the dangerous food additive list and complete a Glogster poster to inform other of the substance. Your poster must include:

The name of the additive

The chemical name of the additive.

The additives chemical formula.

At least three foods that contain the substance and the companies that put these additives in their products.

A health warning describing the harmful effects of the additive.

Why food companies put the additive in the food, what purpose does it serve?

Three Healthier alternatives (if any, if not than state that there is no alternative).

Pictures of the foods containing the additive.

<http://mrsktaylor.edu.glogster.com/mrstaylors-chemistry-exemplar>