

Poster Session: *The Perfect Plate*

Project due date: _____

Introduction:

A perfect plate provides a visual guide on how to prepare food to eat right without dieting and deprivation. For this project, you will design the perfect plate for one meal – *breakfast, lunch or dinner* in a poster format. Any ethnic foods or special diets are most welcome.

Objectives:

- a) Design a meal while using the US guidelines for choosemyplate.gov.
- b) To practice relaying information in a poster presentation format that is commonly used in college- and university-level science.

Procedure:

1. Choose a meal that you wish to research and prepare: *breakfast, lunch or dinner*.
2. Find out everything you can about your meal, using **a minimum of three sources**.
4. Make a poster response that covers the following criteria as they relate to your meal. If there are other important *bits and bobs* related to the meal that are not listed below, include those as well. There must be **at least three print media** visual aids accompanying your presentation.
 - a. A list of ingredients, cooking instructions, and prep time.
 - b. Cost per meal.
 - c. Total calories per meal.
 - d. Calories from fat, carbohydrates and fats.
 - e. Any additional health benefits offered by this meal, i.e. antioxidants, any ant-inflammatory ingredients, etc.
5. Print out the name of the meal you designed (as if to appear on a menu) in a minimum font size that measures 15-18mm in height. Print out each of the above topic questions and any additional topics you covered in a font size that measures 6-8mm in height. Print out your responses to the above criteria in a minimum font size that measures 4-6mm in height. Print out your visual aids. Attach your information, visual aids and bibliography to a sheet of poster board/paper in such a way that the information is easy to read and visually appealing.

*Extra Credit: Provide free recipe cards in a pouch or pocket on display (must be 3x5 index card).

Grading Criteria

The rubric below will be used to grade your poster presentation. A total of 36 points is possible. You can earn up to 4 points for each category of information required. Please assess your poster presentation using this rubric prior to turning it in for grading.

Write the number of points (0-4) awarded for each category of required information in the corresponding square:	The poster presentation satisfies this requirement at a "WOW" level, going beyond what was expected. 4 (A 90%-100%) You must give the specific reason you awarded this grade. Support your claim.	The poster presentation satisfies this requirement adequately, achieving what was expected. 3 (B 80%-89%) or 2 (C 70%-79%) You must give the specific reason you awarded this grade. Support your claim.	The poster presentation does not meet this requirement or inadequately addresses it. 1 (D 60%-69%) or 0 (F <60%) You must give the specific reason you awarded this grade. Support your claim.
Name of the meal, a list of ingredients, cooking instructions, and prep time is clearly displayed.			
Cost \$ per meal.			
Total calories per meal with a % breakdown of calories from carbohydrates, fats and proteins.			
Any additional health benefits provided by this meal.			
Bibliography displayed with a minimum of three sources.			
What other interesting things should people know about this meal?			
Were at least 3 visual aids used in this presentation?			
Neatness, legible font size, attractiveness, readability, etc.			

