

### Checklist for Nutrition Assignment

Student Mark	Possible Marks	Criteria
	2	<b>Demographic information completed</b> (1 mark per day)
	2	<b>Baseline Activity (1 mark per day)</b> - Appropriate
	2	<b>Purposeful exercise and calories burned</b> - Activities and length of time are entered into the form *Keep in mind that one day there will be no activity
	2	<b>Description of your day</b> (1 mark per day) - Includes length of activity and time of day *Keep in mind that one day there will be no activity
	2	<b>Macronutrient percentages</b> (1 mark per day) - Percentages reflect the type of activity - Percentages change for each day
	6	<b>Quality of meals</b> - Meals contain nutritious foods from a variety of food groups (a meal should contain a minimum of 3 food groups, and a snack should contain a minimum of 2 food groups)
	4	<b>Variance in meals (2 marks per day)</b> - each breakfast, lunch, supper contain different foods/drinks - snacks are different items for each of the days
	2	<b>Pre-event Nutrition</b> included before each game/practice/workout session - includes both carbohydrate and protein - low in fat -timing is 2-4 hours prior to competition
	2	<b>During Event Nutrition</b> - Water /sport drink if activity warrants electrolyte replacement -small snacks or other drinks included if activity warrants nutrient replacement -if activity does not need nutrient replacement, award full marks
	4	<b>Post event Nutrition ( 2 marks for snacks, 2 marks for meals)</b> -timing of snack is within 30-60 minutes upon completion of activity - protein and carbohydrates are included -Post event balanced meal (3-4 food groups) is within 2 hours of activity completion
	2	<b>Calories balance at the end of the day</b> (1 mark per day) - Student should be within 100 calories of his/her daily goal
	6	<b>Macronutrients balance at the end of each day</b> (1 mark per macronutrient per day) - Student should be within 10 grams of his/her daily goal
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