**Instructions:**

Paper should be max of 5 pages (double spaces and 12 Font) and be submitted to SafeAssign. Title page and Reference page are not counted as total pages submitted.

Using valid and reliable references such as books, research papers.

Use minimum of 3 references. You need to have at least 1 journal article.

Internet references that are acceptable are: Mayo clinic website, American Dietetic Association, Today’s dietitian, Dietitians of Canada, Canadian Diabetes Association and similar organization.

**Reference citation samples:**

Citations should be based on APA.

**Journal Paper citation:**

**Riazi, R**.,Wykes,L.J., Ball, R.O., Pencharz, P.B. “Requirement of total branched chain amino acids in young healthy adult men determined by indicator amino acid oxidation by use of L-[1-13C]phenylalanine”, J. Nutr. 133: 1383-1389, 2003.

For more information please go to the following website:

<http://www.bibme.org/citation-guide/apa/>

**Book citation:**

Please go to the following website for more information

<http://www.bibme.org/citation-guide/apa/book>

**Topics for Research assignment for LSO 180**

1. **VEGAN CHILDREN**

Discuss the vegetarian diet and vegan diet. Discuss nutritional issues with vegan diet and what nutritional issues should parents who raise their children as vegans consider? Examine the vegan lifestyle and its impact on childhood development.

1. **VITAMIN D AND ITS EFFECT ON HEALTH. NEW RESEARCH.**

Discuss vitamin D role in body and recent advances in research for vitamin D and its implications on health which results in new recommendation.

1. **EATING DISORDER**

Research the biological, social, and psychological aspects of eating disorders. What are the risk factors and warning signs for parents, teachers, and physicians?

1. **NUTRITIONAL CONCERN DURING MENOPAUSE AND PERI-MENOPAUSE:**

There are a number of health concern and nutritional issues during menopause and perimenopause for women, discuss what you believe to be the three most important nutritional concerns for women during this phase of life.

1. **OLDER ADULTS:**

Research ways to help an older adult who suffers from poor intake to get enough nutrients. What are the important nutrients for older adults, discuss the importance and implication on health.

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| **Category** | **Exceeds Standard**  **(4)** | **Meets Standard**  **(3)** | **Nearly Meets Standard**  **(2)** | **Does Not Meet Standard**  **(1)** | **No**  **Evidence (0)** | **Score** |
| **Title Page** | Title  Your Name, Teacher’s Name,  Course Period,  Date, Neatly finished-no errors | Evidence of four | Evidence of 3 | Evidence of 2 or less | Absent |  |
| **Introduction** | The introduction is engaging, states the main topic and previews the structure of the paper. | The introduction states the main topic and previews the structure of the paper. | The introduction states the main topic but does not adequately preview the structure of the paper. | There is no clear introduction or main topic and the structure of the paper is missing. | Absent, no evidence |  |
| **Body and**  **Organization-**  **Structural**  **Development of the Idea** | Each paragraph has thoughtful supporting detail sentences that develop the main idea. | Each paragraph has sufficient supporting detail sentences that develop the main idea. | Each paragraph lacks supporting detail sentences. | Each paragraph fails to develop the main idea. | Not applicable |  |
| Writer demonstrates logical and subtle sequencing of ideas through well-developed paragraphs; transitions are used to enhance organization. | Paragraph development present but not perfected. | Logical organization; organization of ideas not fully developed. | No evidence of structure or organization. | Not applicable |  |
| **Conclusion** | The conclusion is engaging and restates the thesis. | The conclusion restates the thesis. | The conclusion does not adequately restate the thesis. | Incomplete and/or unfocused. | Absent |  |
| **Mechanics and**  **Usage** | No errors in punctuation, capitalization and spelling. | Almost no errors in punctuation, capitalization and spelling. | Many errors in punctuation, capitalization and spelling. | Numerous and distracting errors in punctuation, capitalization and spelling. | Not applicable |  |
| No errors sentence structure and word usage. | Almost no errors in sentence structure and word usage. | Many errors in sentence structure and word usage. | Numerous and distracting errors in sentence structure and word usage. | Not applicable |  |
| **Citation** | All cited works, both text and visual, are done in the correct format with no errors. | Some cited works, both text and visual, are done in the correct format.  Inconsistencies evident. | Few cited works, both text and visual, are done in the correct format. | Absent | Not applicable |  |
| **Bibliography** | Done in the correct format with no errors. Includes more than 5 major references (e.g. science journal articles, books, but no more than two internet sites. Periodicals available on-line are not considered internet sites) | Done in the correct format with few errors. . Includes 5 major references (e.g. science journal articles, books, but no more than two internet sites. Periodicals available on-line are not considered internet). | Done in the correct format with some errors. Includes 4 major references (e.g. science journal articles, books, but no more than two internet sites. Periodicals available on-line are not considered internet). | Done in the correct format with many errors. Includes 3 major references (e.g. science journal articles, books, but no more than two internet sites. Periodicals available on-line are not considered internet sites.) | Absent or the only sites are internet sites. |  |

Assignment Rubric