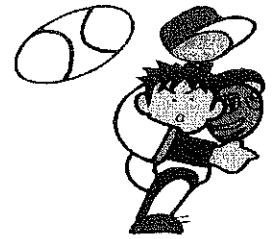


Baseball Card Vegetable Project



Project will be a 5 x 7 baseball card format.

Front: Large picture of the vegetable with its name

Back: Team Name - The name of the group your vegetable belongs to

Season - List when the vegetable is in season.

All-time Stats - Nutritional information - minimum of 5
 **Include what sources of vitamins and minerals the vegetable may provide.

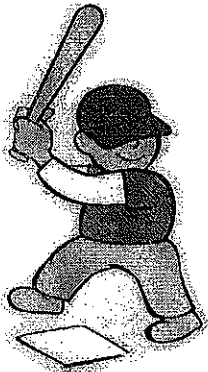
<http://www.dole5aday.com/html/kids/nutrition%20database.html> or type DOLE Super kids

<http://www.fruitsandveggiesmatter.gov/month/index.html> CDC website

OR http://www.mypyramid.gov/pyramid/vegetable_tips.html

Career Highlights - 5 recipes containing your vegetable

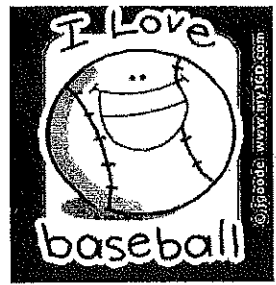
Other Teams - Forms the vegetable can be purchased (canned, dried, etc.)



Category	1 point	2 points	3 points	Score
Front	-Small picture of fruit or vegetable -Your Name @ Bottom	-Medium picture of fruit or vegetable (1/2 page) -Your Name @ Bottom	-Large picture of fruit Takes the whole page -Your Name @ Bottom	
Team Name	No category listed	Category listed, but wrong category	The correct category listed	
Season	No season listed	Off by 1-2 months	Correct season listed	
Nutritional Information	Missing three or more nutrients	Missing 1-2 nutrients	All nutrients are listed (minimum of 5)	
Recipes	3 or fewer recipes listed	4 recipes listed	All 5 recipes listed	
Other Teams	No team(s) listed	1 missing or it is incorrect	All forms of veggies listed are correct	
Overall Appearance & Creativity	Not neatly done	Neat	Very neat with good use of color	
Work & Effort	Not on task during class; minimal effort	On task most of time; effort noticed	On task at all times; generous effort given	
Spring Training	1pt. Turned in 2-3 days late	3 pts. Turned in 1 day late	4pts turned in	
Total Points				

Baseball Card Fruit Project

Project will be a 5x7 baseball card format.



Front: Large picture of the fruit with its name

Back: Team Name - The name of the classification your fruit belongs to.

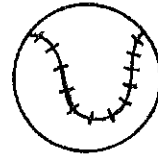
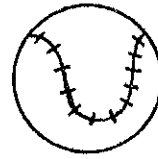
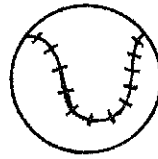
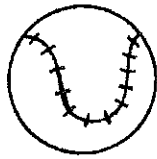
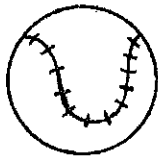
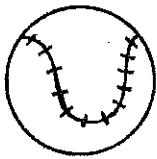
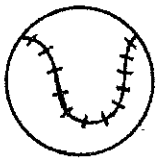
Season - List when the fruit is in season

All-Time Stats - Nutritional information- Minimum of 5

** include what sources of vitamins and minerals the fruit may provide

Career Highlights - 5 recipes containing your fruit

Other Teams - Forms the fruit can be purchased (canned, dried,)



Category	1 point	2 points	3 points	Score
Front	<ul style="list-style-type: none"> Small picture of fruit Your name at bottom 	<ul style="list-style-type: none"> Medium picture of fruit (1/2 pg) Your name at bottom 	<ul style="list-style-type: none"> Large picture of fruit takes whole page Your name at bottom 	
Team Name	No category listed	Category listed , but wrong category	The correct category listed	
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Overall Appearance & Creativity	Not neatly done	Neat	Very neat with good use of color	
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Spring training	1 pt. turned in 2-3 days late	3 pts. Turned in 1 day late	4 pts. Turned in on time	
Total points				