

## SassPlate Design

As we have discussed in class, your SassPlate design should:

1. Have a visual impact on the viewer - grab attention.
2. Convey a clear message to our audience- children at SASS
3. Use words, images, symbols or graphs (if appropriate)
4. Have a clear relationship and flow between the elements

Complete the following Rubric and answer challenge questions to self-evaluate your SassPlate design. Make any improvements you see fit after thinking about these things.

Criteria				
Visual Impact	Extremely attractive and eye catching. Has the wow factor	Good visual impact. Attractive and eye catching	Some parts of the design have visual impact	Has very little visual impact
Message strength	The design imparts a powerful point of view or information outline. The purpose is immediately understood.	The design imparts a clear point of view or information outline. The purpose can be understood.	The design impart a point of view or information outline. However, the purpose cannot be clearly understood.	The design imparts some information but the purpose is not clear.
Use of text and images	The design shows excellent use of applicable text, images and symbols	The poster shows good use of applicable text. Images and symbols	The poster shows us of applicable text, images and symbols.	The poster shows very little use of applicable text, images and symbols.
Relationship and flow between elements	There is an excellent relationship and flow between the elements of the design	There is good relationship between elements of the poster	There is some relationship between the elements of the poster	There is very little relationship and flow between elements of the design
Work ethic	Students always use classroom	Students usually uses classroom	Students usually use classroom	Students do not use classroom

	project time well. Conversations are primarily focused on the project. Behaviour never disrupts others.	time well. Most conversations are focused on the project. Behaviour does not usually disrupt others	project time well, but occasionally distract others from their work.	project time well or are typically disruptive to the work of others.
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1. **Analyse** - How would you explain your design to someone who has no idea about nutrition or healthy eating habits?
2. **Compare and Contrast** - what is the difference between your SassPlate and MyPlate/Plato Saludable?
3. **Cause and Effect** - what connection is there between your SassPlate and healthy eating?
4. **Clarification** - Explain why you decided to leave things out or incorporate more things into your SassPlate design? How would you improve your design?

1. I would tell the person this: In nutrition we learnt about all the foods and drinks we must eat and drink and that they were separated into 6 groups: Fruits, vegetables, grains, Dairy, Proteins, Fats and oils. The fruits and vegetables of course include fruits and vegetables, grains include rice, bread and many more types of food using mostly flour. Dairy products include foods made out of milk such as ice cream and, well, milk. Proteins include meat, eggs and more with carbohydrates that give us energy, and fats and oils include the unhealthy foods such as donuts or waffles. We learnt the percentage of how much of each needed and have seen the examples and surveys of them. Supporting the food groups, the people created a type of "plate" called MyPlate showing how much to eat of them. But then Argentinians wanted to make one of their own which had some differences called Plato Saludable. After seeing both of the plates and comparing, we decided to create our own design supporting both healthy opinions and mixing them up.

2. In our SassPlate, we put together both plates including pictures of the food from Plato Saludable and the names of each food group. We also included a little graph that shows exactly how much we should eat and drink of each food group.

3. We included healthy ideas into our SassPlate like the size of fruits and vegetables with grains that are the largest because we know that those 3 food groups are very healthy. We also did not include fats and oils because we wanted to support health and we knew that food group is the unhealthy part. Me and Sarah also included loads of water knowing that we actually have to drink 8 cups of water each day.

4. We left Fats and oils out because we knew that it wasn't a healthy option in the SassPlate. We put a little graph for people to see and eat exactly how much is needed, there is a percentage in

the graph that we actually looked up but was changed when we added water that only appeared in the Plato Saludable. I would change the size of the words because first, they don't fit almost, and second because it covers part of its spot from the food group. I think some of the images that we placed didn't fit well, so I would have made the design a little bigger and the images slightly smaller.