

Accessing the Item in the Grid View

- 1 Click on the title of the column of the item you want to access.

Search gradebook

Students (3)		**Application ...	Macronutrient...
Name			
	Amelia Luckey_Preview...	100%	-
	student 1	60.11%	-
	student 2	60.11%	-

- 2 Then on the “Assessment Details Panel” click on the title of the item.

Course Settings OPEN

Student Preview

**Analyzing th...	Reimagining Sk...	From classroo...	Lipids in Life
1	-	-	-
-	-	-	-
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Assessment Details

**Application of Dietary Recommendations: Designing a Balanced Carbohydrate Meal...

Grade (1)Post all grades

Due date

7/19/26, 11:59 PM (EDT)
Late submissions allowed

Grade

Points | 10 max points

- Then you will be brought into the item. Begin adjusting or viewing what you need.

Blackboard-Ultra-Training > Gradebook > **Application of Dietary Recommendations: Designing a Balanced Carbohydrate Meal Plan

**Application of Dietary Recommendations: Designing a Balanced Carboh...

Content and Settings Submissions (1) Student Activity

Instructions

Carbohydrates are an essential source of energy in our diet, but choosing the right types and amounts is important for maintaining a balanced and healthy lifestyle. Design a carbohydrate-focused meal plan that adheres to the recommended dietary guidelines. Consider the different sources of carbohydrates, their nutritional values, and their impact on blood sugar levels.

Create a practical and well-structured meal plan that includes a variety of foods and ensures a balanced carbohydrate intake throughout the day. You can present your meal plan using any of the following elements: a presentation with visually appealing slides depicting each meal, a photograph collage showcasing the prepared meals, a podcast discussing the meal plan and its nutritional benefits, or a leaflet with detailed descriptions of each meal. Make sure your meal plan takes into account individual preferences and dietary restrictions. **Be ready to present your meal plan in class on Tuesday!**

Print

Assignment Settings

Due date
Sun Jul 19, 2026 11:59 P

Grade category
Homework

Submission Details
File upload and Text ent

Grading

- When you are done click on "Gradebook" above the title.

Blackboard-Ultra-Training > **Gradebook** > **Application of Dietary Recommendations: Designing a Balanced Carbohydrate Meal Plan

**Application of Dietary Recommendations: Designing a Balance

Content and Settings Submissions (1) Student Activity

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Print

- 5 Then you will be returned to the “Assessment Details” click the “X” to close out of the panel.

ient... ⌵	Final Review As... ⌵	Application of ... ⌵	**Analyzi
	-	-	
	-	-	
	-	-	

Assessment Details

< **Application of Dietary Recommendations: Designing a Balanced Carbohydrate Meal... >

Grade (1)

Post all grades

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Grade

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Attempts: Grade latest