

Building the Assignment and adding question with the Blackboard AI

1 Locate the module where you want to place your assignment.



Visible to students ▾

▶ This unit contains the following information: welcome message from your professor, required materials, syllabus and a quiz. To progress through this unit you will need to read, review, and complete the instructions on each page. Students progress through the module in order



Unit 1: Relationship Between Food and People

Visible to students ▾



Unit 2: Nutritional Needs

Hidden from students ▾

Welcome to Week 2, lets keep up the great work!

2 Click on the number to open the module.



Visible to students ▾

▶ This unit contains the following information: welcome message from your professor, required materials, syllabus and a quiz. To progress through this unit you will need to read, review, and complete the instructions on each page. Students progress through the module in order



Unit 1: Relationship Between Food and People

Visible to students ▾

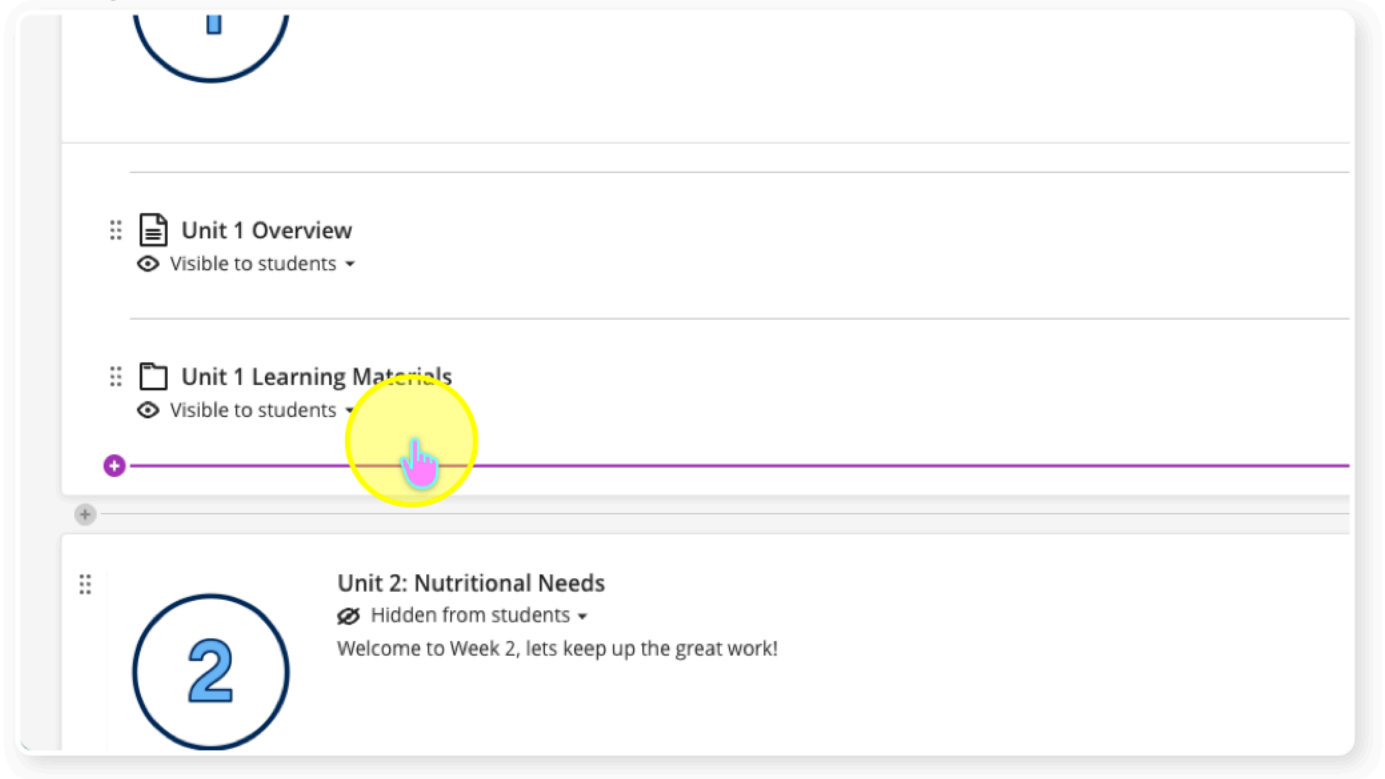


Unit 2: Nutritional Needs

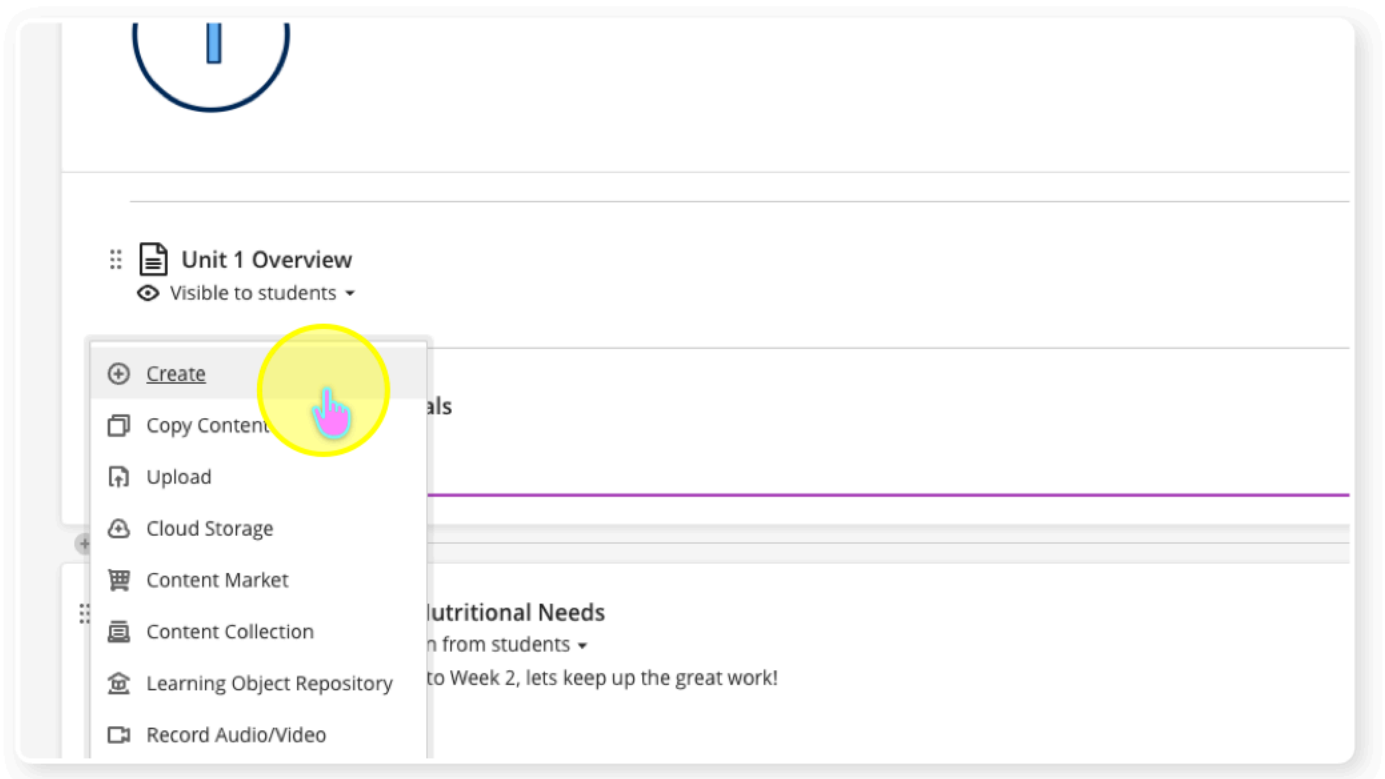
Hidden from students ▾

Welcome to Week 2, lets keep up the great work!

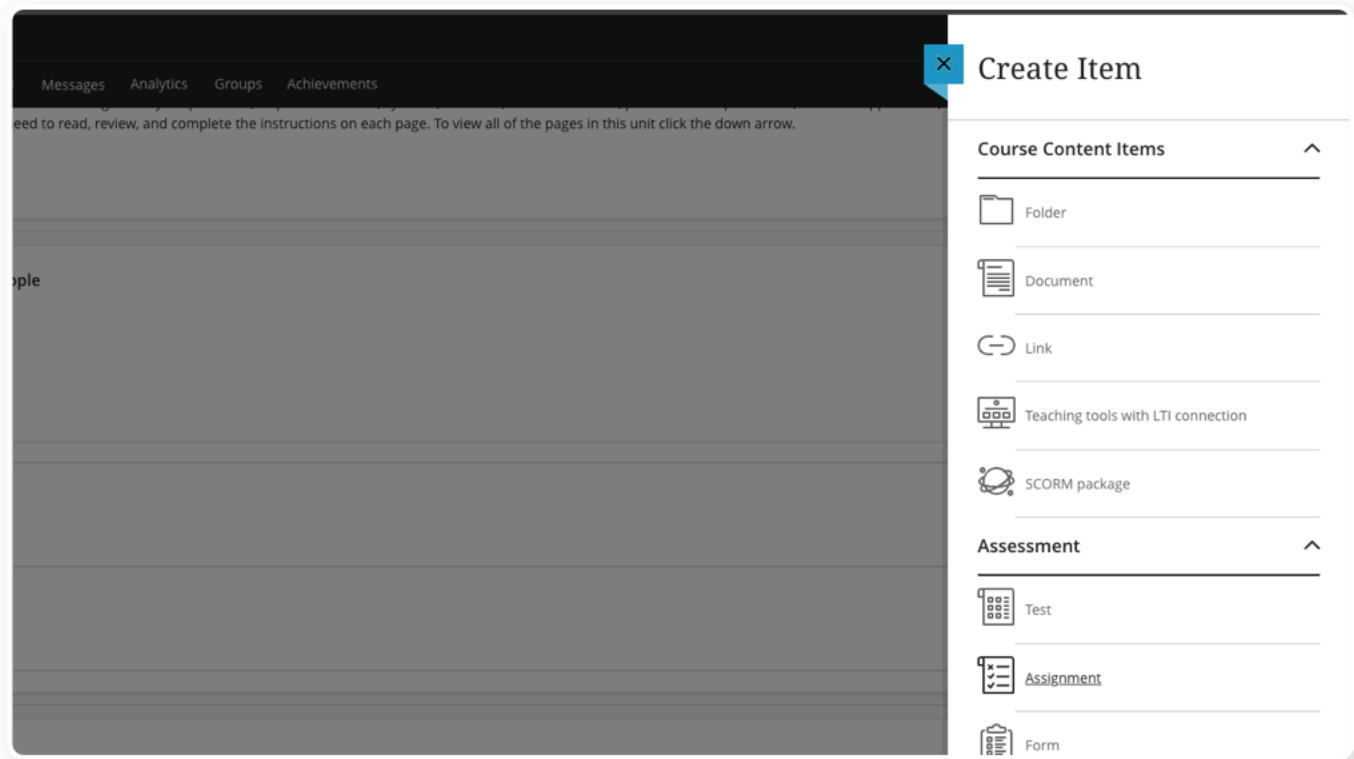
- 3 Hover underneath the Unit Learning Materials Folder and click on the purple line.



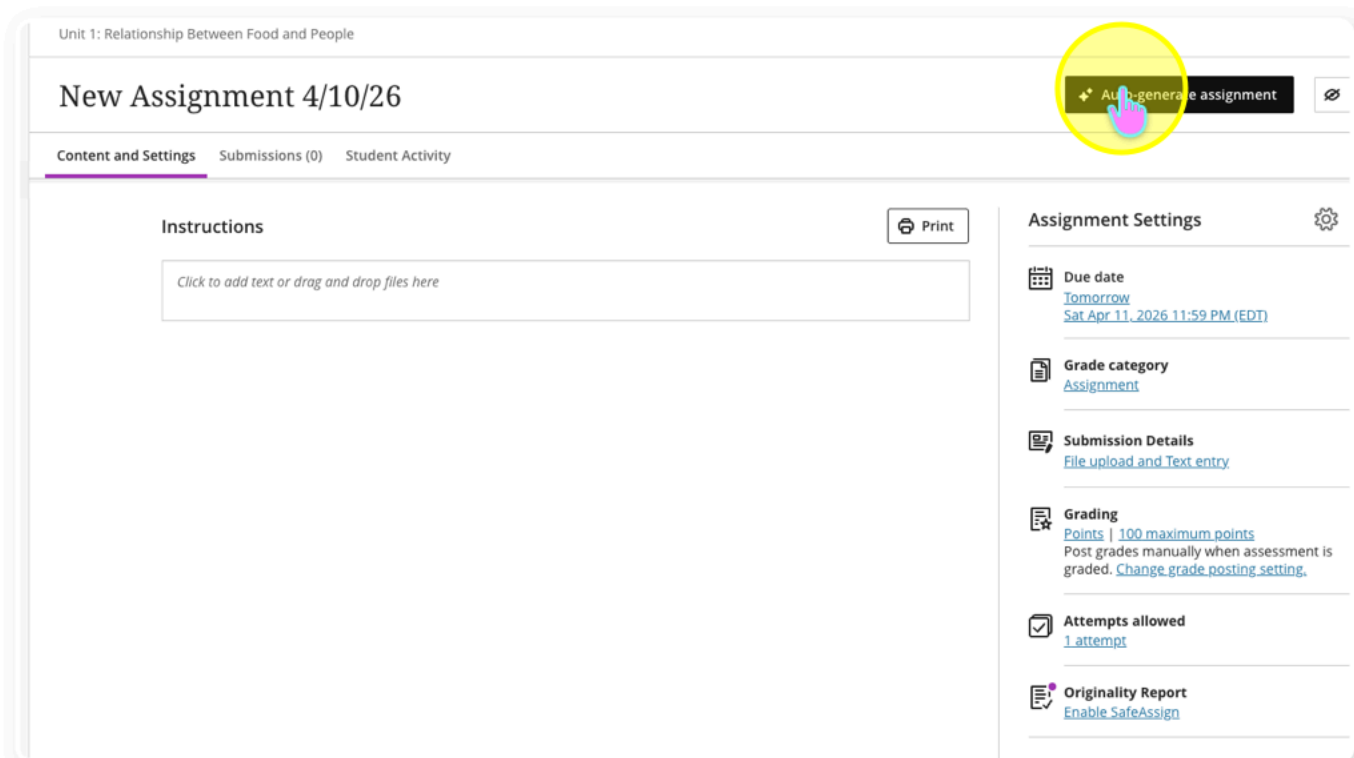
- 4 Click “create” on the panel.



5 Click on "Assignment" on the right hand panel.



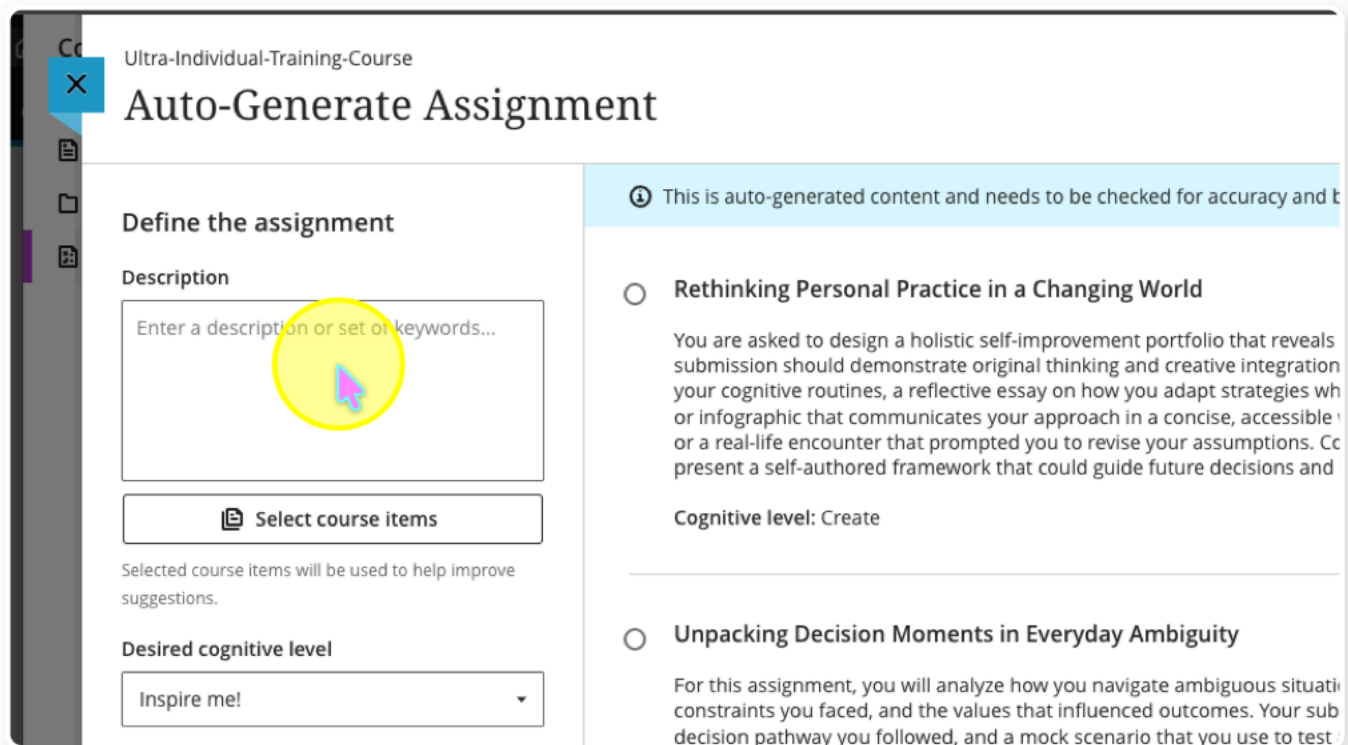
6 Click on "Auto-generate assignment", on the right hand side.



7 When you enter, the Blackboard AI will be automatically generating some questions.

8 You may chose to select a question here, if not skip to step 9 to build your own.

9 To begin building, click inside the box under Description.



Ultra-Individual-Training-Course

Auto-Generate Assignment

Define the assignment

Description

Enter a description or set of keywords...

 **Select course items**

Selected course items will be used to help improve suggestions.

Desired cognitive level

Inspire me!

This is auto-generated content and needs to be checked for accuracy and

☐ **Rethinking Personal Practice in a Changing World**

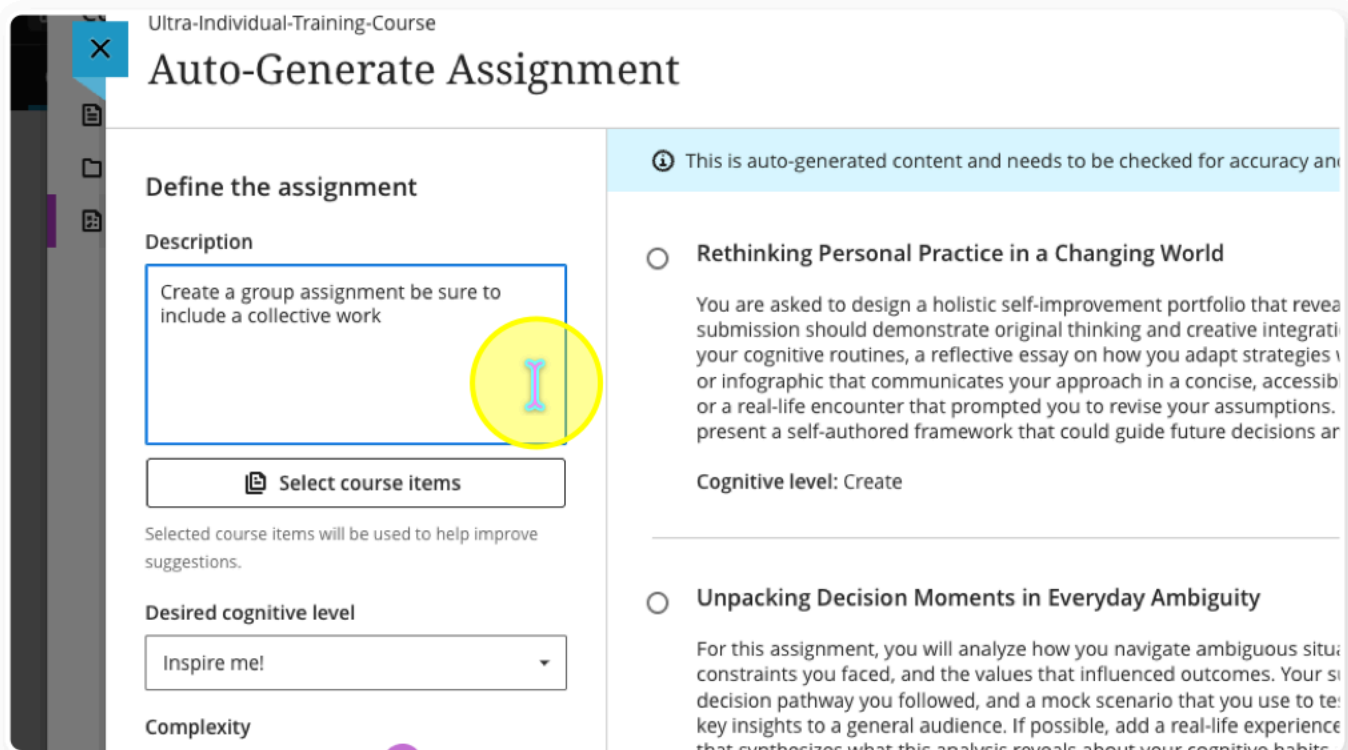
You are asked to design a holistic self-improvement portfolio that reveals submission should demonstrate original thinking and creative integration your cognitive routines, a reflective essay on how you adapt strategies wh or infographic that communicates your approach in a concise, accessible or a real-life encounter that prompted you to revise your assumptions. Co present a self-authored framework that could guide future decisions and

Cognitive level: Create

☐ **Unpacking Decision Moments in Everyday Ambiguity**

For this assignment, you will analyze how you navigate ambiguous situati constraints you faced, and the values that influenced outcomes. Your sub decision pathway you followed, and a mock scenario that you use to test

10 After typing your description, you may chose to add your course content!



Ultra-Individual-Training-Course

Auto-Generate Assignment

Define the assignment

Description

Create a group assignment be sure to include a collective work

 **Select course items**

Selected course items will be used to help improve suggestions.

Desired cognitive level

Inspire me!

Complexity

This is auto-generated content and needs to be checked for accuracy and

☐ **Rethinking Personal Practice in a Changing World**

You are asked to design a holistic self-improvement portfolio that revea submission should demonstrate original thinking and creative integrati your cognitive routines, a reflective essay on how you adapt strategies or infographic that communicates your approach in a concise, accessible or a real-life encounter that prompted you to revise your assumptions. present a self-authored framework that could guide future decisions ar

Cognitive level: Create

☐ **Unpacking Decision Moments in Everyday Ambiguity**

For this assignment, you will analyze how you navigate ambiguous situ: constraints you faced, and the values that influenced outcomes. Your si decision pathway you followed, and a mock scenario that you use to te: key insights to a general audience. If possible, add a real-life experience that synthesizes what this analysis reveals about your cognitive habits

11 To do so, click “Select course items”

Define the assignment

Description

Create a group assignment be sure to include a collective work

Select course items

Selected course items will be used to help improve suggestions.

Desired cognitive level

Inspire me!

Complexity

Low High

☒ Generate assignment title

This is auto-generated content and needs to be checked for accuracy and

Rethinking Personal Practice in a Changing World

You are asked to design a holistic self-improvement portfolio that reveals your submission should demonstrate original thinking and creative integration of your cognitive routines, a reflective essay on how you adapt strategies in a concise, accessible or infographic that communicates your approach in a concise, accessible or a real-life encounter that prompted you to revise your assumptions. present a self-authored framework that could guide future decisions and

Cognitive level: Create

Unpacking Decision Moments in Everyday Ambiguity

For this assignment, you will analyze how you navigate ambiguous situations, constraints you faced, and the values that influenced outcomes. Your submission should detail a decision pathway you followed, and a mock scenario that you use to test key insights to a general audience. If possible, add a real-life experience that synthesizes what this analysis reveals about your cognitive habits and

Cognitive level: Analyze

12 Click “Content”

mercy.blackboard.com/ultra/courses/_122743_1/outline/assessment/Test/_20142796_1/generate-assessment/picker?excl

Ultra-Individual-Training-Course

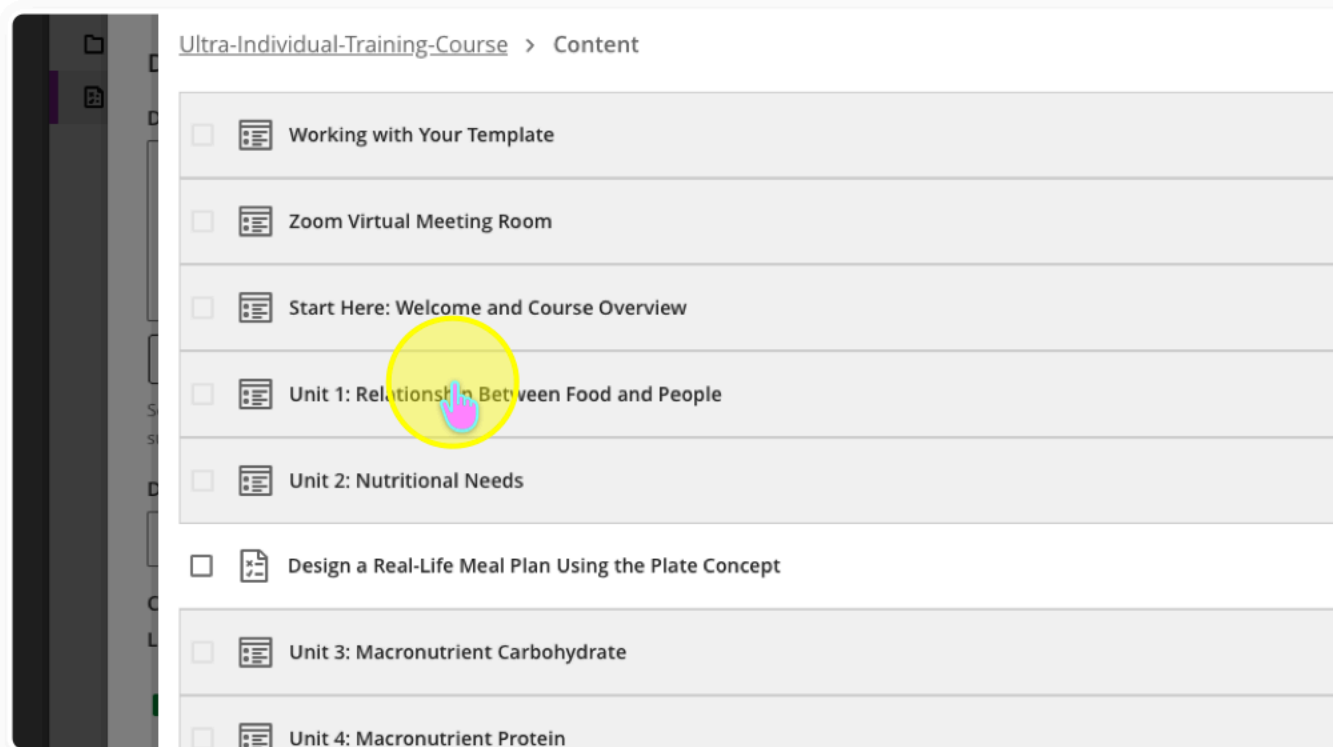
Select Items

Ultra-Individual-Training-Course

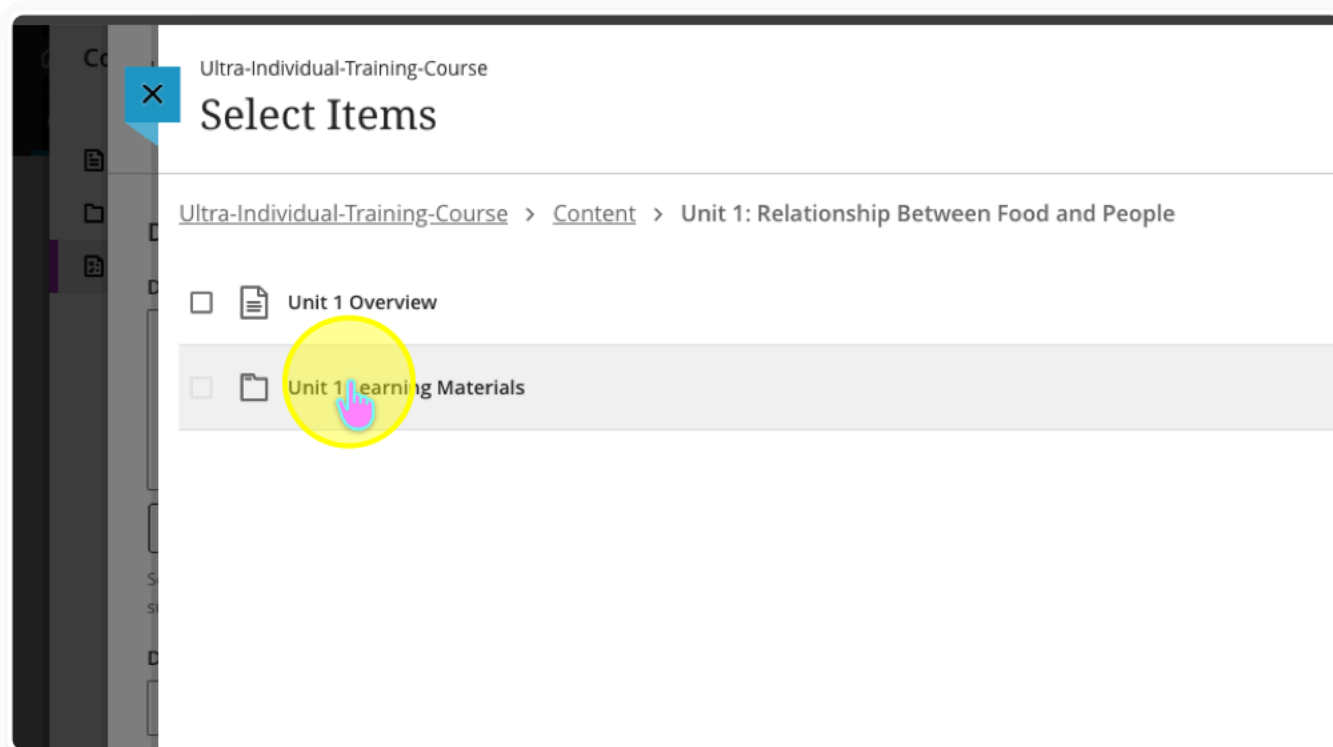
☐ Content

☐ Discussions

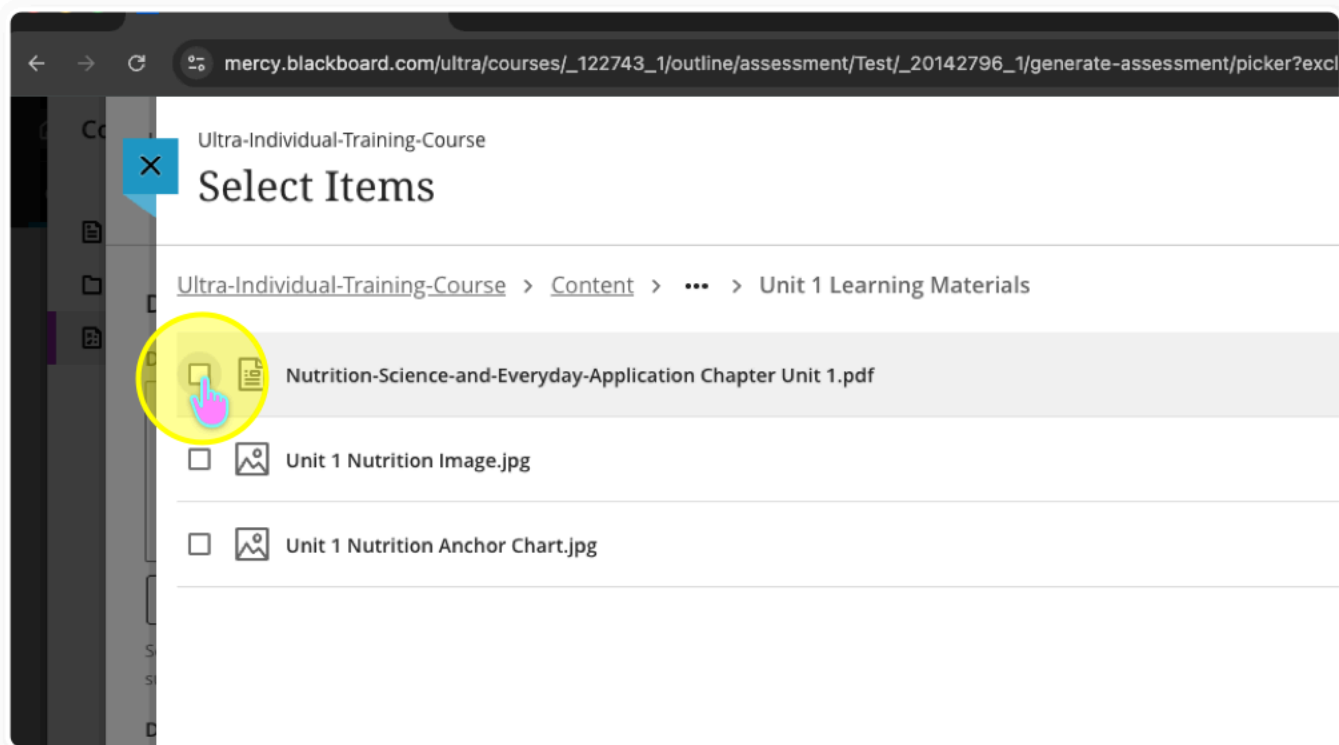
13 Click on your module.



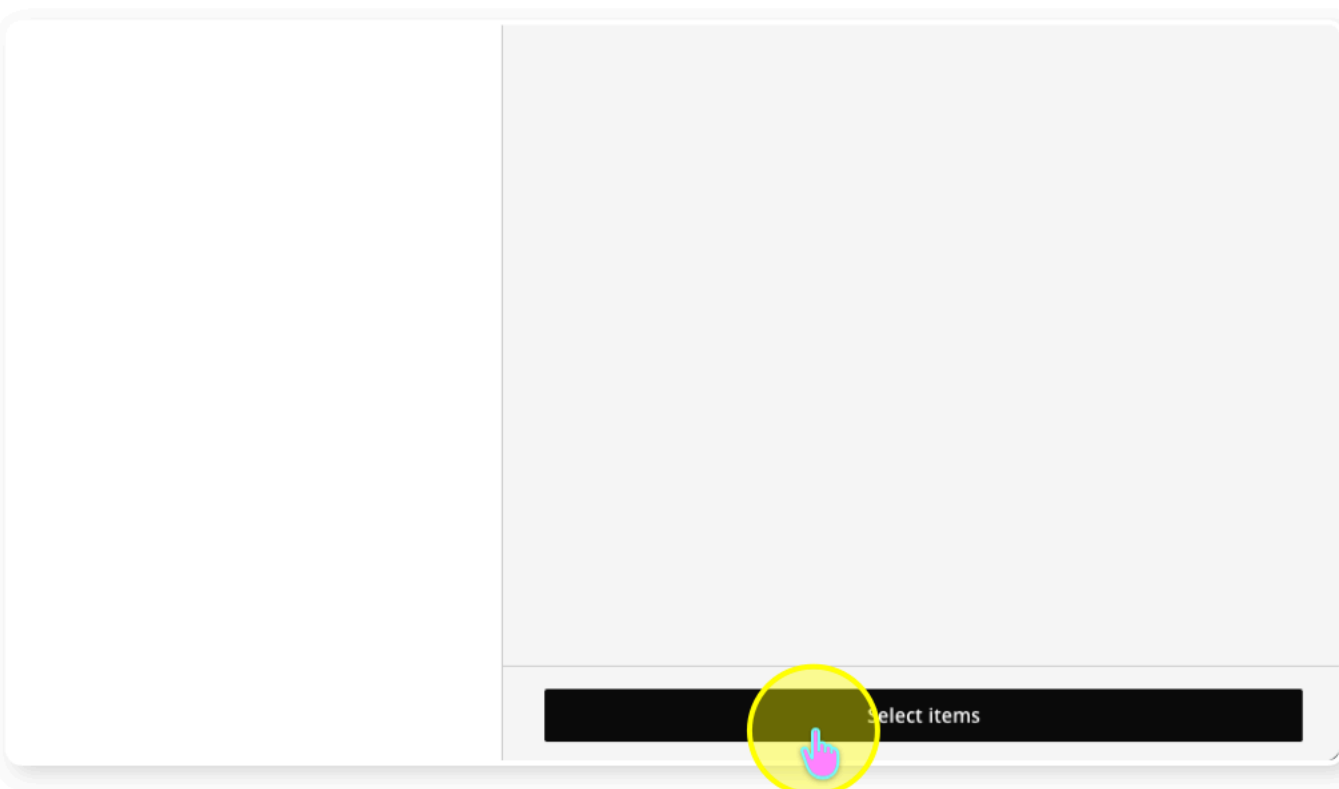
14 Click on "Unit Learning Materials"



15 Click on the title of the item.



16 Click "Select Items"



17 Next if needed click and drag the purple circle to adjust complexity

Ultra-Individual-Training-Course

Auto-Generate Assignment

Define the assignment

Description

Create a group assignment be sure to include a collective work

Select course items 1

Selected course items will be used to help improve suggestions.

Desired cognitive level

Inspire me!

Complexity

Low

High

☒ Generate assignment title

Advanced options ▼

⚡ Generate

❗ This is auto-generated content and needs to be checked for accuracy and bias

- Rethinking Personal Practice in a Changing World

You are asked to design a holistic self-improvement portfolio that reveals how you approach learning, problem solving, and ethical decision making. Your submission should demonstrate original thinking and creative integration of multiple forms of evidence to illuminate a personal theory of your cognitive routines, a reflective essay on how you adapt strategies when faced with uncertainty, and a mock scenario that challenges you or infographic that communicates your approach in a concise, accessible way, and a short video or podcast where you narrate the evolution of a real-life encounter that prompted you to revise your assumptions. Conclude with a reference list and a brief report summarizing the key points from a self-authored framework that could guide future decisions and learning paths.

Cognitive level: Create

- Unpacking Decision Moments in Everyday Ambiguity

For this assignment, you will analyze how you navigate ambiguous situations that arise in daily life, work settings, or interpersonal interaction constraints you faced, and the values that influenced outcomes. Your submission should weave multiple modes of evidence: an interview with a professional in your field, a diagnostic essay in which you critique your own skill set and the status quo, a reflective essay on how you adapt strategies when faced with uncertainty, and a mock scenario that tests how your judgments hold up under pressure. Include an essay that evaluates the tradeoffs an key insights to a general audience. If possible, add a real-life experience or a work-related experience that highlights how you reframed the problem and what synthesizes what this analysis reveals about your cognitive habits and the social dynamics at play.

Cognitive level: Analyze

- Crafting a Coherent Vision for Competence and Responsibility

Think about competence and responsibility as socially constructed targets within your field of study and beyond. Your task is to evaluate how learning trajectory. Produce a comprehensive submission that includes a diagnostic essay in which you critique your own skill set and the status quo, a reflective essay on how you adapt strategies when faced with uncertainty, and a mock scenario that tests how your judgments hold up under pressure. Include an essay that evaluates the tradeoffs an key insights to a general audience. If possible, add a real-life experience or a work-related experience that highlights how you reframed the problem and what synthesizes what this analysis reveals about your cognitive habits and the social dynamics at play.

18 Click on "Generate"

Desired cognitive level

Inspire me!

Complexity

Low  High

☒ Generate assignment title

Advanced options



☐ Unpacking Decision Moments in Everyday Ambiguity

For this assignment, you will analyze how you navigate ambiguous situations, the constraints you faced, and the values that influenced outcomes. Your submission should include a description of the decision pathway you followed, and a mock scenario that you use to test your key insights to a general audience. If possible, add a real-life experience that synthesizes what this analysis reveals about your cognitive habits and preferences.

Cognitive level: Analyze

☐ Crafting a Coherent Vision for Competence and Responsibility

Think about competence and responsibility as socially constructed targets of a learning trajectory. Produce a comprehensive submission that includes a defense or revise your stance on what counts as meaningful competence, a framework to peers, a leaflets/infographic piece that summarizes core ideas, or a real-life work-related experience to illustrate tensions between idealized and actual values about value, transfer, and responsibility rather than simply recounting them.

Cognitive level: Evaluate

19 After clicking “Generate” you will see the dashed circle in the middle.

20 Review your questions.

☐ Designing a Healthy Diet: Collective Insights through a Multiform Presentation

In small groups, design a holistic, student-led project that interrogates what makes a diet healthy beyond memorizing nutrient lists. Build a collective portfolio that demonstrates how people design eating patterns that are adequate, balanced, moderate, and varied, while accounting for cultural, economic, and personal factors. Your group should weave together multiple authentic pieces to form a single, cohesive submission: a diagram mapping the relationships between food groups (as presented in MyPlate and Harvard's Healthy Eating Plate), a detailed essay that explains how the chosen dietary pattern addresses DRI concepts (EAR, RDA, AI, UL) in a real-world scenario, and a leaflet/infographic that communicates evidence-based strategies for planning a weekly menu. The portfolio must also include at least one of the following: an interview with a peer or community member about their food choices and the social determinants that shape them; a mock grocery-shopping scenario showing trade-offs between cost and nutrient density; and a short video or podcast where your group discusses how you would adapt dietary guidelines to a college student lifestyle. Your essay should connect to Unit 1 objectives (defining nutrition and nutrients, understanding DRIs, planning tools like MyPlate, and recognizing factors influencing food choices) and reflect metacognitive reflections on how you defined “healthy” for diverse contexts. Make sure your visuals and interview quotes illustrate nuance rather than simple facts, and clearly cite any sources in a reference list. This prompt invites you to create a collective work that demonstrates thoughtful synthesis, collaborative process, and applied understanding of nutrition science in everyday life.

Cognitive level: Create

☐ Reflective Analysis of Food Labels and Diet Quality Across Communities

Form a group project that analyzes how people judge diet quality in everyday life using Nutrition Facts labels, MyPlate recommendations, and the concept of nutrient density versus empty calories. Your team should produce a multi-part submission that includes: a diagram illustrating how to interpret a Nutrition Facts panel for a typical meal, an essay analyzing how labeling and available information influence food choices in different socioeconomic settings, and a leaflet/infographic summarizing practical steps for improving nutrient density while staying within a budget. Additionally, include at least one of these authentic elements: a mock scenario in which you navigate a midweek meal plan for a student living in a dorm, a real-life experience report describing a personal budget-based grocery trip, or an interview with a campus nutrition worker or grocery store employee about challenges customers face when interpreting labels. Your analysis should connect to the unit's emphasis on the factors that drive food choices, the role of DRIs in planning, and the limits of information on label claims (nutrient, health, and structure-function claims). Conclude with a short synthesis that compares different dietary guidance (MyPlate vs Harvard plate vs national guidelines) and reflects on how context shapes what counts as “healthy”.

Cognitive level: Analyze

☐ Group Inquiry into Dietary Guidelines and Everyday Diets: A Case Study Approach

Lead a collaborative, group-based inquiry into how national dietary guidelines translate into everyday eating patterns across communities. Develop a case-study-style submission that includes: a presentation slide deck that maps Guidelines for Americans, MyPlate, and Harvard's Healthy Eating Plate onto a sample weekly menu; a 2-3 page essay applying these guidelines to brainstormed dietary patterns for two different life stages (e.g., a first-year college student and a working adult with family responsibilities) highlighting potential barriers and enablers. Create a leaflet/infographic that explains how to maximize nutrient density within calorie limits, and include a mock scenario where you plan meals for a week under a tight budget while prioritizing adequacy and variety. Your group should also add one of the following: a video or podcast where you discuss how to balance taste, cost, and nutrition; an interview with a campus dining hall or local grocer about how guidelines influence their practices; or a real-life experience description of attempting to implement dietary guidelines in a dorm kitchen. Emphasize critical thinking about what “healthy” means in diverse contexts, and discuss the role of DRIs and serving sizes in real

Cancel

Add

21 Click on question your like.

Define the assignment

Description

Create a group assignment be sure to include a collective work

Select course items 1

Selected course items will be used to help improve suggestions.

Desired cognitive level

Inspire me!

Complexity

Low High

☒ Generate assignment title

Advanced options

patterns that are adequate, balanced, moderate, and varied, while accounting for a cohesive submission: a diagram mapping the relationships between food group addresses DRI concepts (EAR, RDA, AI, UL) in a real-world scenario, and a leaflet/one of the following: an interview with a peer or community member about their and nutrient density; and a short video or podcast where your group discusses their nutrition and nutrients, understanding DRIs, planning tools like MyPlate, and real contexts. Make sure your visuals and interview quotes illustrate nuance rather than demonstrates thoughtful synthesis, collaborative process, and applied understanding.

Cognitive level: Create

☐ **Reflective Analysis of Food Labels and Diet Quality Across Communities**

Form a group project that analyzes how people judge diet quality in everyday life. You should produce a multi-part submission that includes: a diagram illustrating how choices in different socioeconomic settings, and a leaflet/infographic summarizing authentic elements: a mock scenario in which you navigate a midweek meal plan as a campus nutrition worker or grocery store employee about challenges customers face when interpreting labels. Your analysis should connect to the unit's emphasis on the factors that drive food choices, the nutrient, health, and structure-function claims). Conclude with a short synthesis that compares different dietary guidance (MyPlate vs Harvard plate vs national guidelines) and reflects on how context shapes what counts as 'healthy'.

Cognitive level: Analyze

22 Click on "Add"

everyday life using Nutrition Facts labels, MyPlate recommendations, and the concept of nutrient density versus empty calories. Your team should develop a multi-part submission that includes: a diagram illustrating how to interpret a Nutrition Facts panel for a typical meal, an essay analyzing how labeling and available information influence food choices, and a leaflet/infographic summarizing practical steps for improving nutrient density while staying within a budget. Additionally, include at least one of these elements: a mock scenario in which you navigate a midweek meal plan for a student living in a dorm, a real-life experience report describing a personal budget-based grocery trip, or an interview with a campus nutrition worker or grocery store employee about challenges customers face when interpreting labels. Your analysis should connect to the unit's emphasis on the factors that drive food choices, the nutrient, health, and structure-function claims). Conclude with a short synthesis that compares different dietary guidance (MyPlate vs Harvard plate vs national guidelines) and reflects on how context shapes what counts as 'healthy'.

Case Study Approach

Guidelines translate into everyday eating patterns across communities. Develop a case-study-style submission that includes: a presentation of the Healthy Eating Plate onto a sample weekly menu; a 2-3 page essay applying these guidelines to brainstormed dietary patterns for two people (with family responsibilities) highlighting potential barriers and enablers. Create a leaflet/infographic that explains how to maximize nutrient density you plan meals for a week under a tight budget while prioritizing adequacy and variety. Your group should also add one of the following: a diagram illustrating how choices in different socioeconomic settings, and a leaflet/infographic summarizing authentic elements: a mock scenario in which you navigate a midweek meal plan as a campus nutrition worker or grocery store employee about challenges customers face when interpreting labels; or a real-life experience report describing a personal budget-based grocery trip. Emphasize critical thinking about what "healthy" means in diverse contexts, and discuss the role of DRIs and serving sizes in real life.

Cancel

Add

23 Adjust your Assignment Title if Needed

courses/_122743_1/outline/assessment/Test/_20142796_1?courseId=_122743_1&gradeItemView=details&gradebookCategoryId=_2388755_1&as

Unit 1: Relationship Between Food and People

Reflective Analysis of Food Labels and Diet Quality Across Comm

Content and Settings Submissions (0) Student Activity

Instructions Print

Form a group project that analyzes how people judge diet quality in everyday life using Nutrition Facts labels, MyPlate recommendations, and the concept of nutrient density versus empty calories. Your team should produce a multi-part submission that includes: a diagram illustrating how to interpret a Nutrition Facts panel for a typical meal, an essay analyzing how labeling and available information influence food choices in different socioeconomic settings, and a leaflet/infographic summarizing practical steps for improving nutrient density while staying within a budget. Additionally, include at least one of these authentic elements: a mock scenario in which you navigate a midweek meal plan for a student living in a dorm, a real-life experience report describing a personal budget-based grocery trip, or an interview with a campus nutrition worker or

24 Click on the pencil below the print button to adjust the question

Food Labels and Diet Quality Across Communities

Print Hidden from

Print Pencil

ge diet quality in everyday life using Nutrition Facts labels, MyPlate
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include with a short synthesis that compares different dietary guidance
nd reflects on how context shapes what counts as 'healthy'.

Assignment Settings

Due date
[Tomorrow](#)
[Sat Apr 11, 2026 11:59 PM \(EDT\)](#)

Grade category
[Assignment](#)

Submission Details
[File upload and Text entry](#)

Grading
[Points | 100 maximum points](#)
Best grades manually when assessment is

25 Click here

is a group project that analyzes how people judge diet quality in everyday life using Nutrition Facts labels, MyPlate recommendations, and the concept of nutrient density versus empty calories. Your team should produce a multi-part submission that includes: a diagram illustrating how to interpret a Nutrition Facts panel for a typical meal, an essay analyzing how labeling and available information influence food choices in different socioeconomic settings, and a chart/infographic summarizing practical steps for improving nutrient density while staying within a budget. Additionally, include at least one of these authentic elements: a mock scenario in which you navigate a midweek meal plan for a student living in a dorm, a real-life experience report describing a personal budget-based grocery trip, or an interview with a campus nutrition worker or grocery store employee about challenges customers face when interpreting labels. Your analysis should connect to the unit's emphasis on the factors that drive food choices, the role of DRIs in planning, the limits of information on label claims (nutrient, health, and structure-function claims). Conclude with a short thesis statement that compares different dietary guidance (MyPlate vs Harvard-style vs national guidelines) and reflects on how this context shapes what counts as 'healthy'.

Press FN + Option + F10 to access toolbar options

Cancel Save

26 Click on "Save" when done.

on influence food choices in different socioeconomic settings, and a s for improving nutrient density while staying within a budget. Additionally, its: a mock scenario in which you navigate a midweek meal plan for a report describing a personal budget-based grocery trip, or an interview re employee about challenges customers face when interpreting labels. hasis on the factors that drive food choices, the role of DRIs in planning, nutrient, health, and structure-function claims). Conclude with a short ance (MyPlate vs Harvard plate vs national guidelines) and reflects on how

Option + F10 to access toolbar options

Cancel Save

Assignment

Submission Details
[File upload and Text entry](#)

Grading
[Points](#) | [100 maximum points](#)
Post grades manually when assessment is graded. [Change grade posting setting.](#)

Attempts allowed
[1 attempt](#)

Originality Report
[Enable SafeAssign](#)
