



BSD 1323 STORYTELLING AND DATA VISUALIZATION

SEMESTER II 2022/2023

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TITLE	EATING HABITS, EAT SMART FOR A HEALTHY HEART!
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OBJECTIVE & MOTIVATION

The objectives for eating habits include achieving optimal health, managing weight, improving energy and performance, preventing diseases, considering ethical and environmental factors, addressing allergies or intolerances, promoting gut health, and supporting emotional well-being. These objectives reflect individuals' desires to prioritise their well-being, make conscious food choices, and address specific needs or concerns they may have.

The motivation for eating habits includes factors such as health and well-being, weight management, cultural and social influences, environmental concerns, ethical considerations, taste and enjoyment, performance goals, and medical conditions. People are motivated to maintain or improve their health, control their weight, adhere to cultural practices, support sustainability and animal welfare, enjoy food, enhance athletic performance, and manage medical conditions. These motivations can vary from person to person and shape their choices in terms of what and how they eat

DATASETS DESCRIPTION

DATASETS	EXPLANATION
Date & Time	The specific date and time when the data was observed.
Name	Name of individual that the data is being recorded.
Gender	The gender of the individual classified as male and female.
Eating type	Patterns of individual eating such as breakfast, and etc.
Type of cuisine	Style of food being consumed by individuals.
Plate per meal	The number of plates that individuals take during a particular meal.
Mood before and after	Mood of the individual before and after taking the meal.
Calories intake in (Cal)	The total number of calories consumed during a particular meal measured in (Cal).
Type of drinking water	Types of water consumed by individuals.
Water intake in (ml)	The amount of water consumed measured in (ml).
Food categories	Information on classification of food items.
Eating location	The place where the individual consumed a meal.
Price of food (RM)	The cost of the food measured in (RM).

INTRODUCTION

EATING HABITS
EAT SMART FOR A HEALTHY HEART!

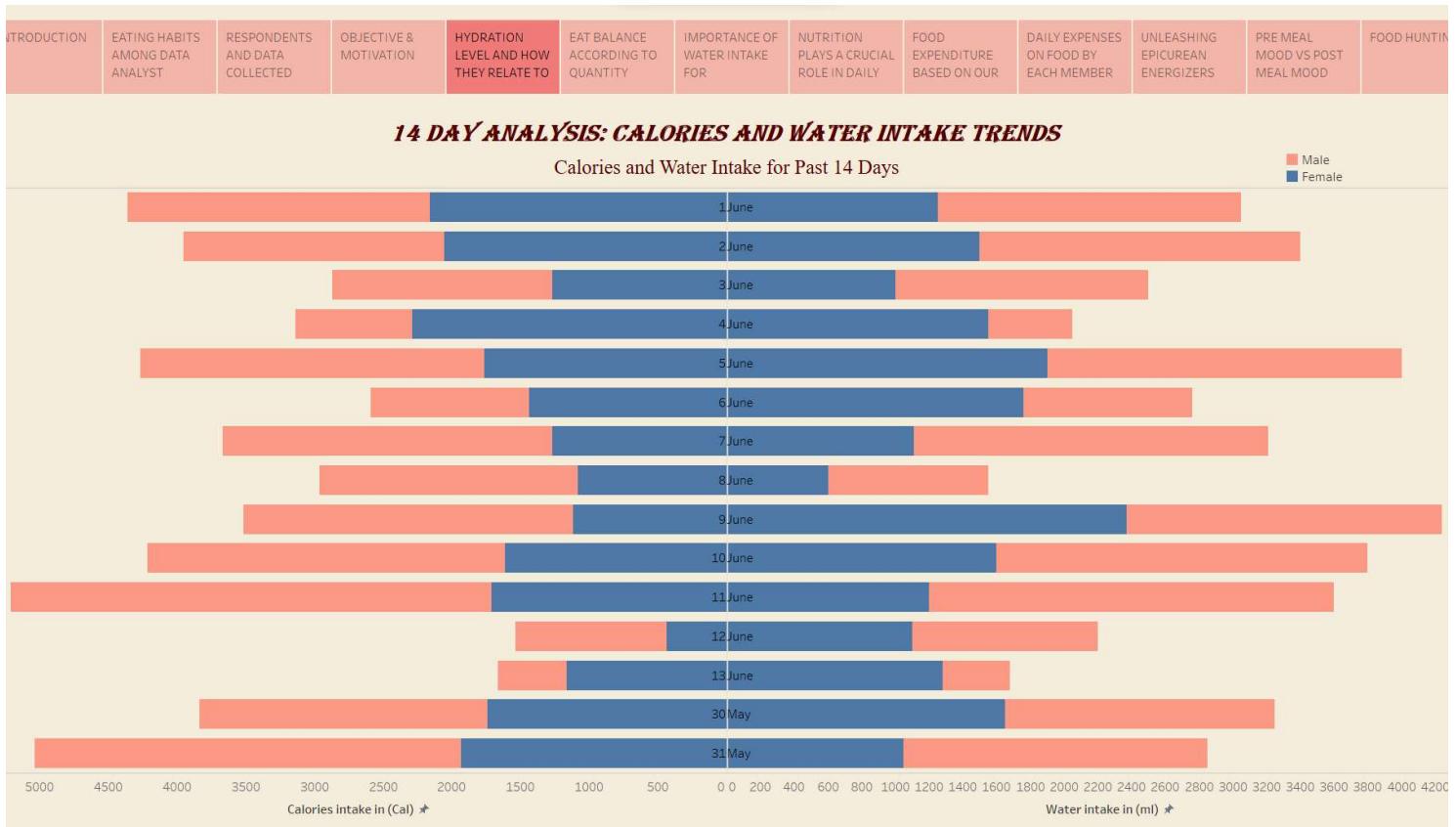
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Our eating habits play a crucial role in maintaining our overall health and well-being. The choices we make regarding our calorie intake and water consumption can significantly impact our energy levels, weight management, and overall physiological functions. Calorie intake refers to the amount of energy we consume through food, while water intake refers to the amount of water we consume to support our bodily functions. We will explore the importance of monitoring our calorie and water intake and how it can contribute to a healthy lifestyle. By understanding the significance of these factors, we can make informed decisions about our diet and hydration, leading to improved health and vitality. Eating habits are the choices and behaviours related to food consumption that individuals develop over time. Eating habits can have a significant impact on overall health and well-being, and developing healthy eating habits can contribute to long-term health benefits.

STORYLINE ANALYSIS

HYDRATION LEVEL AND HOW THEY RELATE TO EATING HABITS



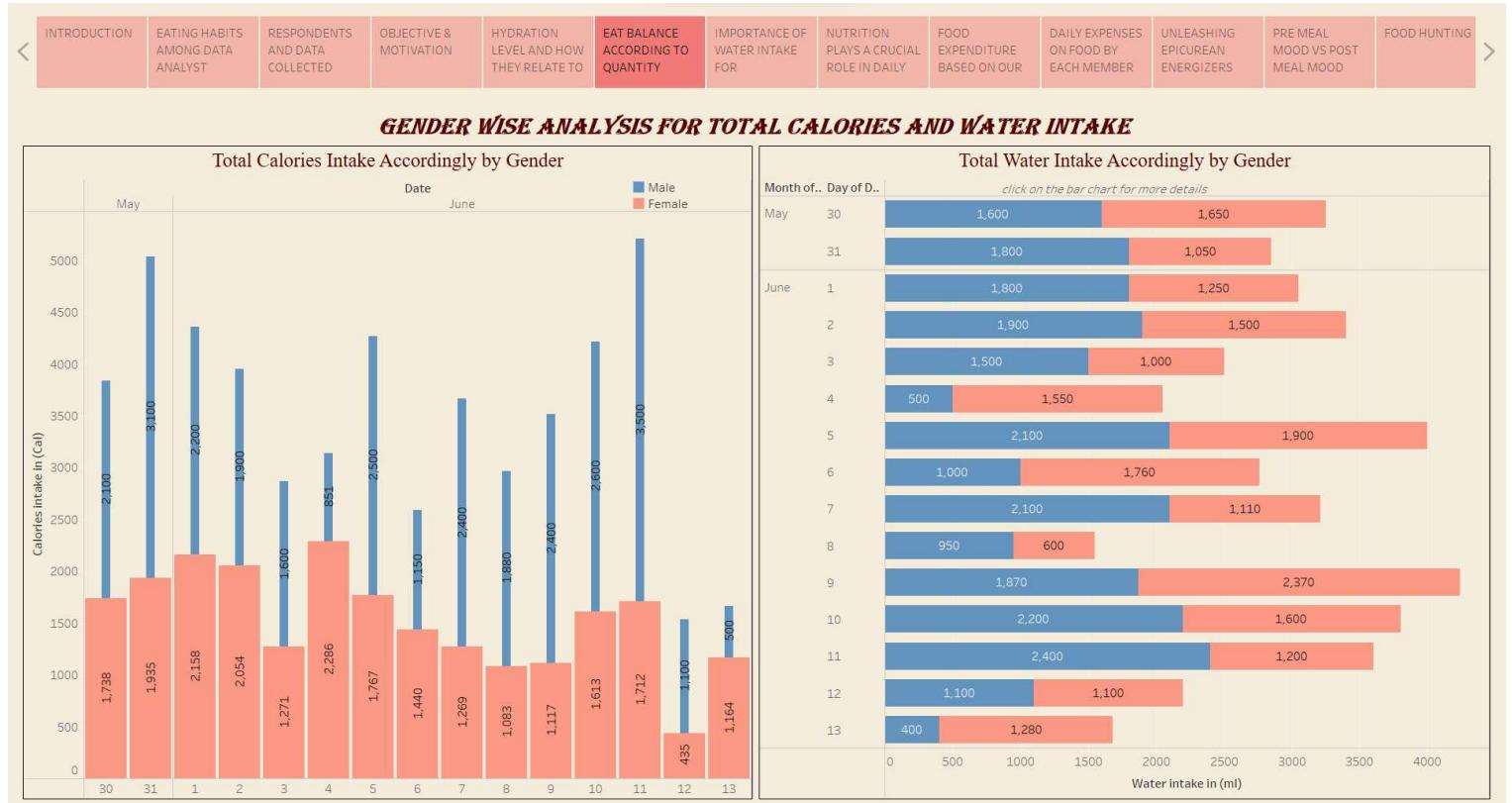
Based on the butterfly chart, we can observe a 14 days analysis of calories and water intake trends that have been taken by our respondent. The pink colour represents male and the blue colour represents female. When our calories intake increases, it's crucial to increase our water consumption. The water intake is practically related with higher calories consumption for a proper digestion, nutrient absorption and waste removal. Additionally, water plays a vital role in regulating body temperature. By staying hydrated, we will enable our bodies to effectively process the extra calories and promote overall health.

To further enhance our well-being, here's a suggestion for maintaining a healthy balance between water and calorie intake: consider incorporating nutrient food into your diet. Opt for whole, unprocessed foods such as fresh fruits, vegetables, lean proteins, whole grains, and healthy fats. These foods not only provide essential nutrients but also tend to be lower in calories while being more hydrating due to their high water content. By focusing on these types of foods, you can naturally align your water and calorie intake while supporting your overall health. Remember everyone needs water and calories based on factors such as age, sex, physical activities level and overall health. It is always advisable to consult with a

healthcare professional or registered dietitian for personalized recommendations that suit your specific requirements and goals.

By maintaining a balanced approach to both water and calorie intake and making informed dietary choices, the respondent will support their bodies in effectively processing calories, promoting digestion and maintaining optimal health

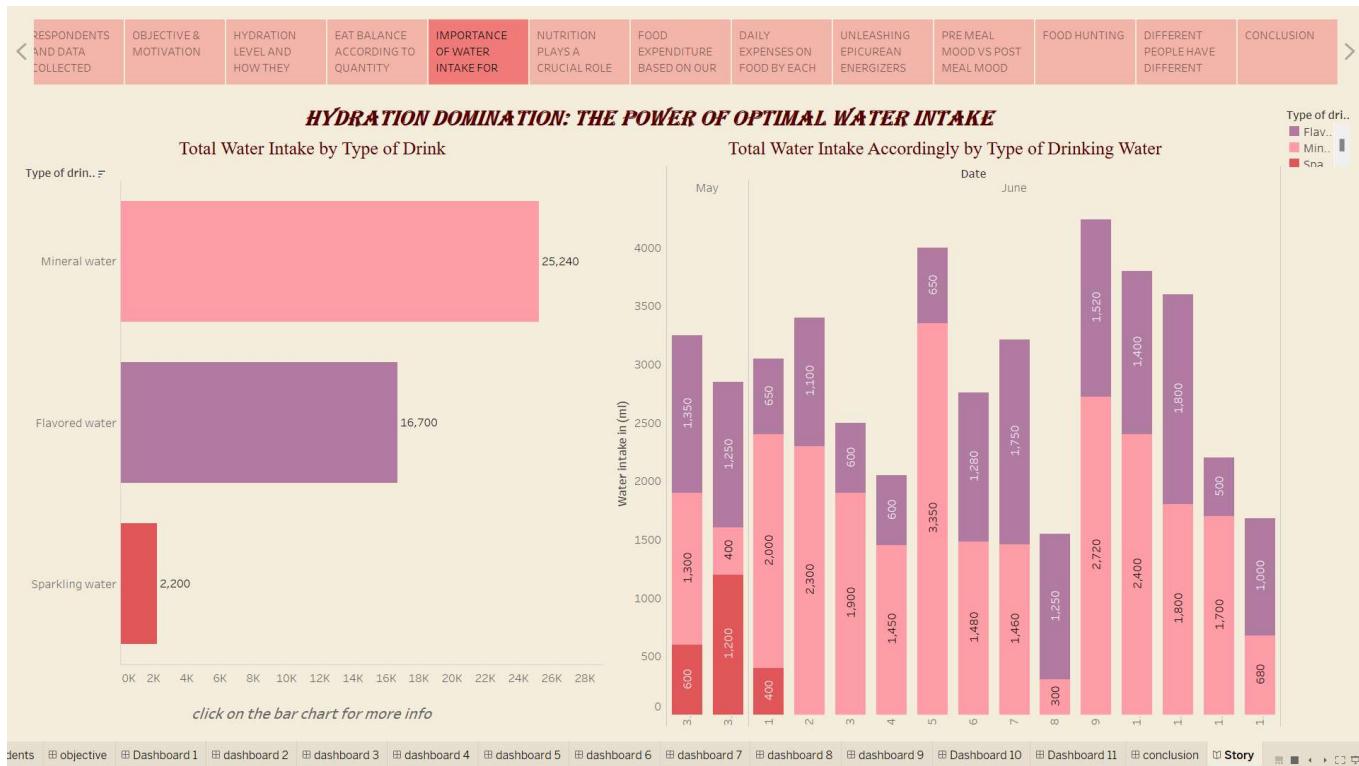
EAT BALANCE ACCORDING TO QUANTITY NEEDED



From this story, it describes the total calories and water intake breakdown by gender. The left chart is a bar in bar chart representing the calories intake by male and female. We can observe one by one and see clearly that most of the data is led by male. The highest total calories consumed by male is 3,500 calories on 11 June. This is because male need more calories to produce more energy to run their daily activities. Additionally, the male has larger physical strength compared to females. The highest calories that females consume is 2,286 on 4 June. Female respondents have thin bodies so they consumed less calories. Next, we move to a horizontal stacked bar chart, the chart shows the total of water intake that has been consumed by the respondent. The water intake is also led by male because the higher calorie consumption requires more water for proper digestion and nutrient absorption. The highest water intake is 2,400 ml by male on 11 June and 2,370 ml by female on 9 June. Plus, consuming more water will make us stay hydrated and improve skin elasticity. When both charts are compared side to side, ensuring adequate hydration will enable our bodies to effectively process the additional calorie load.

By clicking on the horizontal bar chart with the specific date, we can observe the water intake on that day alongside with calories intake. This is because both of them are linked with one another. This will benefit for the respondent to be alert with the amount of calories that respondent consumed needs to correspond with the water intake.

IMPORTANCE OF WATER INTAKE FOR MAINTAINING HYDRATION AND OVERALL HEALTH

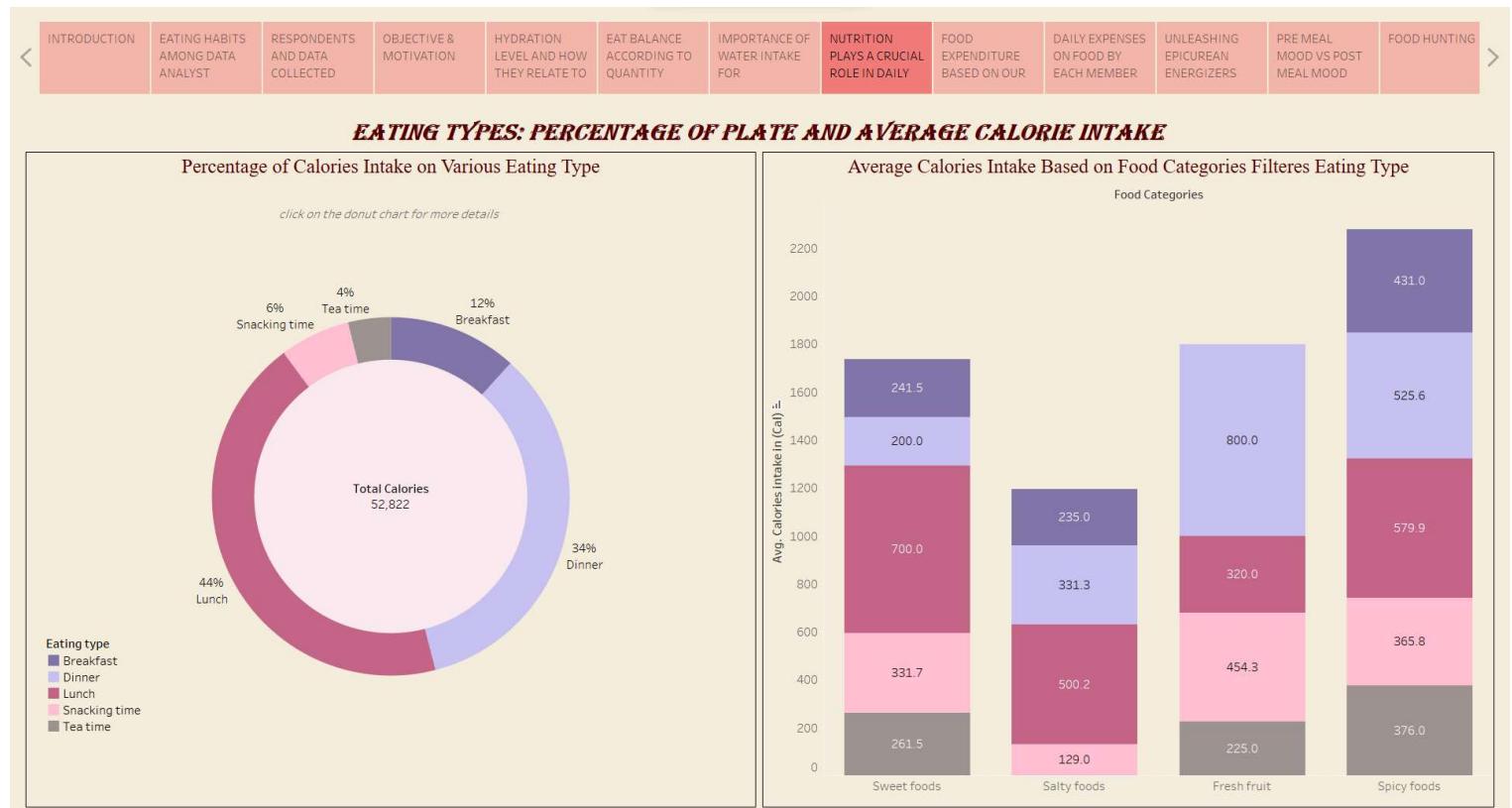


From the graph, we can see that the highest and the most total water intake for each individual by type of drink is mineral water which is 25240 ml followed by flavoured water 16700 ml. This clearly explains that the respondent may choose mineral water because mineral water offers more hydration benefits for human's body due to its natural mineral content. Sparkling water has the lowest water intake which is 2200 ml only because sparkling water is hard to find at the public places and it is not used as a daily drink by the respondents which can influence the overall intake of sparkling water.

When clicking on the bar chart, we can see the visualisation of mineral water that highest on the stacked bars is on 5th June because the weather is hot so that the respondent takes a lot of mineral water intake on that day while the lowest total mineral water intake is on 8th June. For flavoured water, the highest is on 11th June because the respondents were eating at the restaurant and craving for the sweet drink. Flavoured water frequently contains artificial flavours and may be more appealing than plain water. The flavours can make it more enjoyable to drink and encourage increased water intake on that day. Lastly, for sparkling water, the highest water intake is on 31st May because the respondents want to drink the refreshing water and give it a bubbly sensation to them. The lowest sparkling water intake is on 1st June because sparkling water is a little bit pricey other than mineral and flavoured water.

Overall, each type of water has its own good and bad and also has different reasons for each individual's water intake calories. Individuals' water intake preferences and habits can vary depending on personal taste, cultural influences, access to various types of drinks, and individual health goals. To maintain proper hydration and overall well-being, it is always recommended to prioritise regular water intake, regardless of the type of water.

NUTRITION PLAYS A CRUCIAL ROLE IN DAILY ACTIVITIES



From the donut chart, we can see the percentage of calories with various eating types. The eating type consists of breakfast, dinner, lunch, snacking and tea time. The total calories from our respondent is 52,822 calories. By clicking on the specific eating type on the donut chart, the stacked bar will change according to the eating type so we can observe the average of calories that are consumed by the respondent. The highest percentage is 44% from total calories and the eating type is lunch time followed by dinner time with 34%. This clearly explains that the respondent needs to consume a lot of calories at lunch time to survive daytime and consume calories by dinner before going to sleep. It is mean, the respondent needs to have lunch and dinner in 1 day. Lunch gave people a midday refuelling opportunity to replenish energy levels and maintain productivity throughout the day. Thus, dinner can fulfil nutritional needs after a day of physical and mental activities.

Next, we have a stacked bar chart which explains average calories intake on food categories filtered by eating type. The highest average calorie is led by fresh food with 800 calories at dinner time followed by 700 calories at lunch. Some might say that fresh fruit doesn't consume a lot of calories but the respondent said that they ate durian. Durian has a lot of calories even though it is served in pieces. One durian contains

about 885 calories. Next, sweet food comes second with 700 average calories in lunch time. It's because sweet things contain sugar and it will provide a quick burst of energy and temporarily increase alertness. This will make the respondent become more active in the daytime. This proves that eating plays a crucial role in daily activities

FOOD EXPENDITURE BASED ON OUR DIET



[Dashboard 1](#) [Dashboard 2](#) [Dashboard 3](#) [Dashboard 4](#) [Dashboard 5](#) [Dashboard 6](#) [Dashboard 7](#) [Dashboard 8](#) [Dashboard 9](#) [Dashboard 10](#) [Dashboard 11](#) [Conclusion](#) [Story](#) [Print](#) [Download](#)

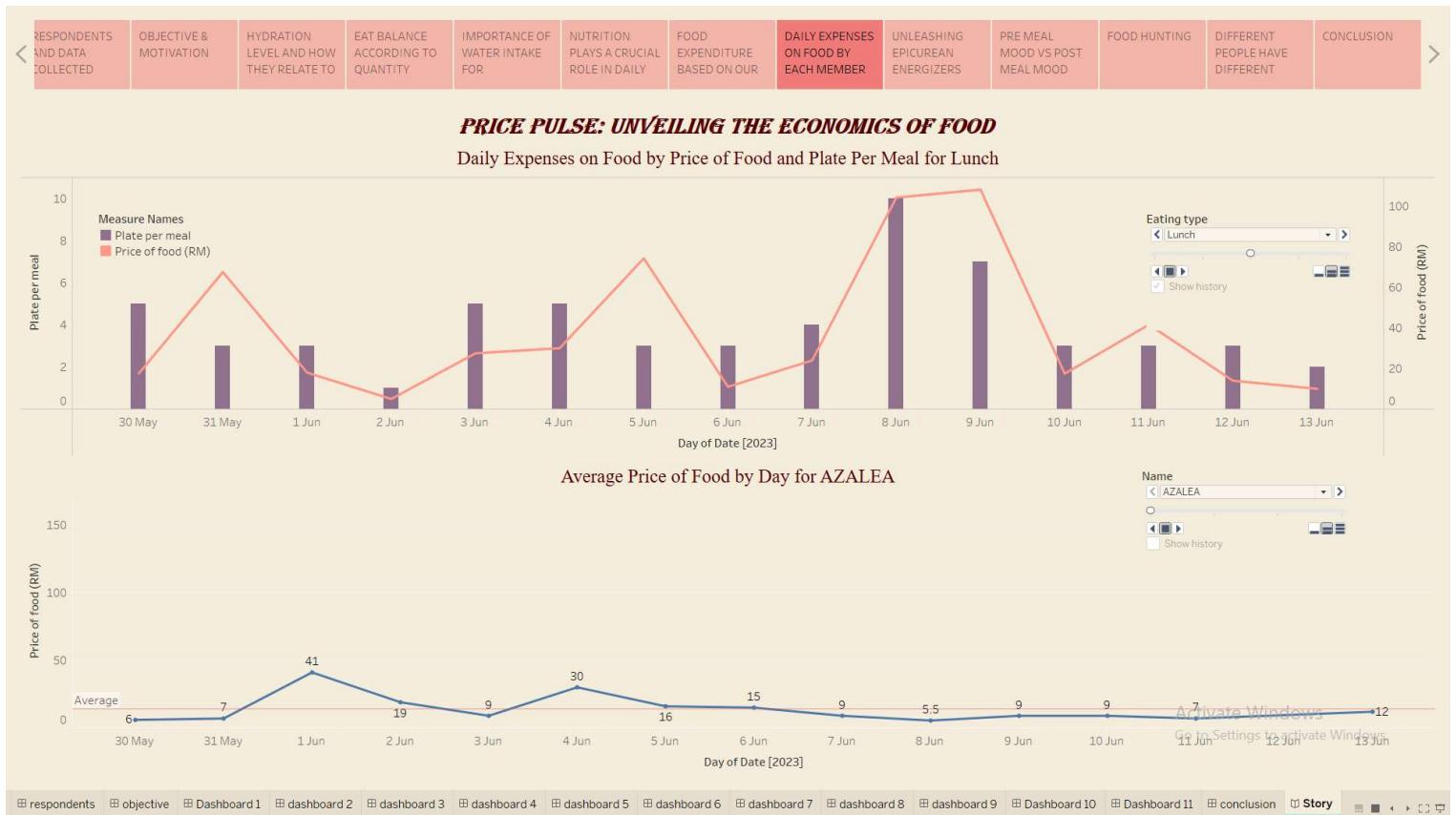
From the highlighted table, we can see that the highest total price of food from breakfast and dinner eating types is Malay cuisine while at lunch time, fast food is the highest total price of food. For snacking time, fruits get the highest price and for tea time is western cuisine. The darkest colour of total price of food in (RM) is lunch and Malay cuisine. Food prices in Malay cuisine vary significantly based on factors like location, establishment type, ingredients and portion sizes.

The highest grand total for eating types is at lunch time. This is because lunch is one of the main meals in many cultures and it is typically considered a significant part of the daily eating routine. Besides, lunch time is often a period for every individual to take a break from work, class or daily activities. The lowest grand total for eating types is at breakfast time because the limited time in the morning before starting the day for class may lead to a lower grand total compared to others.

The highest grand total for types of cuisine is Malay cuisine. This is because the respondents are totally

Malay and this may affect the highest grand total. Next, mostly at cafe sell Malay cuisine like nasi lemak. The lowest grand total for types of cuisine is home cooked. This is because the respondent was going back home and they ate at home. Besides, the respondents ate their own food supply that they bought for eating in the room.

DAILY EXPENSES ON FOOD BY EACH MEMBER

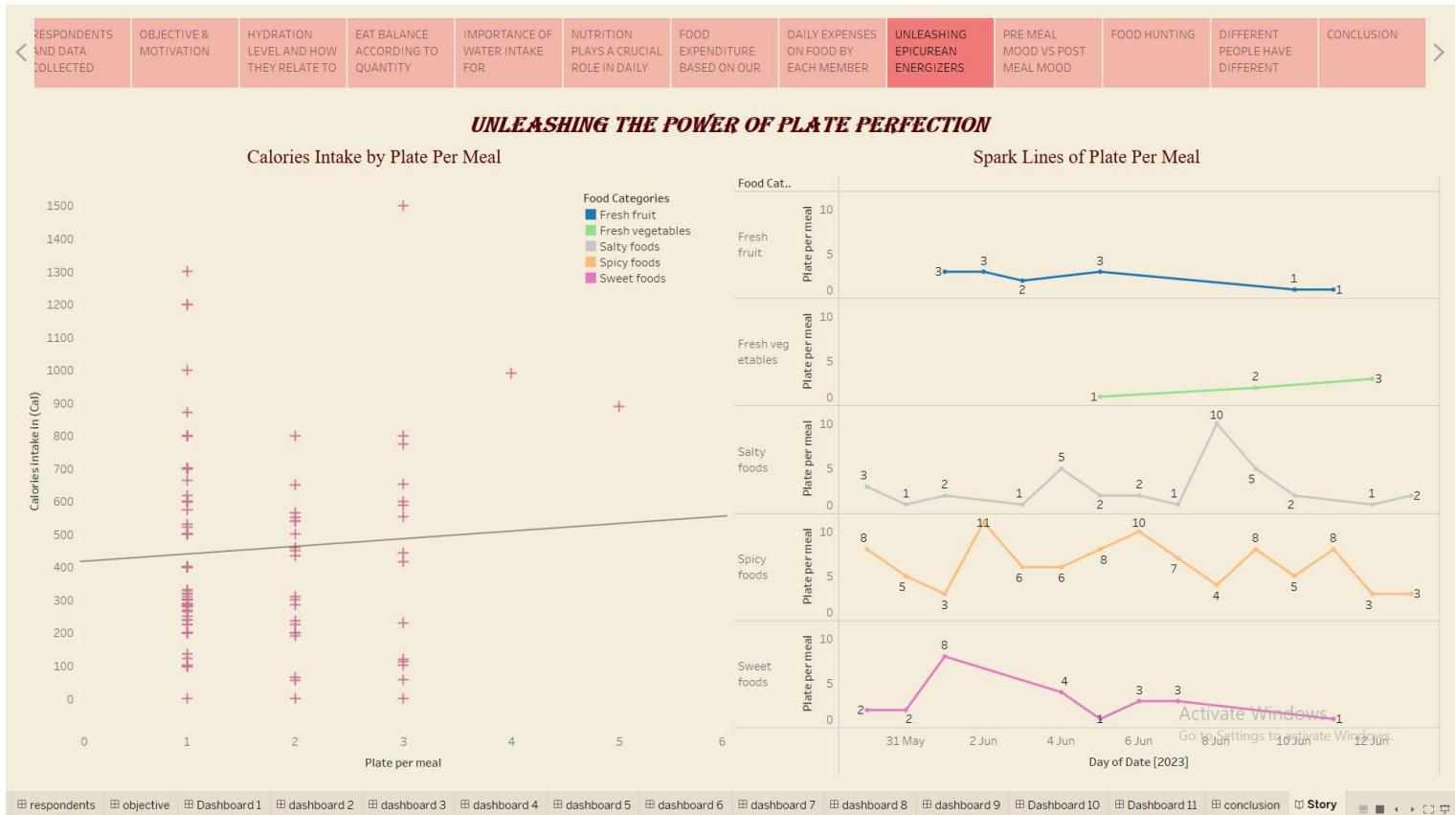


From this data, we have one combination chart consists of bar chart and line chart, and we have another line chart. The combination chart is consists of price of food in RM as line chart and plate per meal as bar chart, this combination chart is shown to us with filtered by eating type such as lunch or dinner. We can see that the highest price of food in RM for lunch is RM108.10 at 9 Jun 2023 and the highest plate per meal is 10 at 8 Jun 2023.

For the below chart, which is the line chart, represented the average price of food each day and each person. For example for Shahira, the average price of food the she spent is RM33.8 which is the highest among of us to compared by Firas is RM25.40, Faiz is RM19.50 an Azalea is RM13.90.

Based on these two charts, we can apply that the price of food plays an important role in a person's expenses to live a healthy life.

UNLEASHING EPICUREAN ENERGIZERS FOR CULINARY DELIGHTS



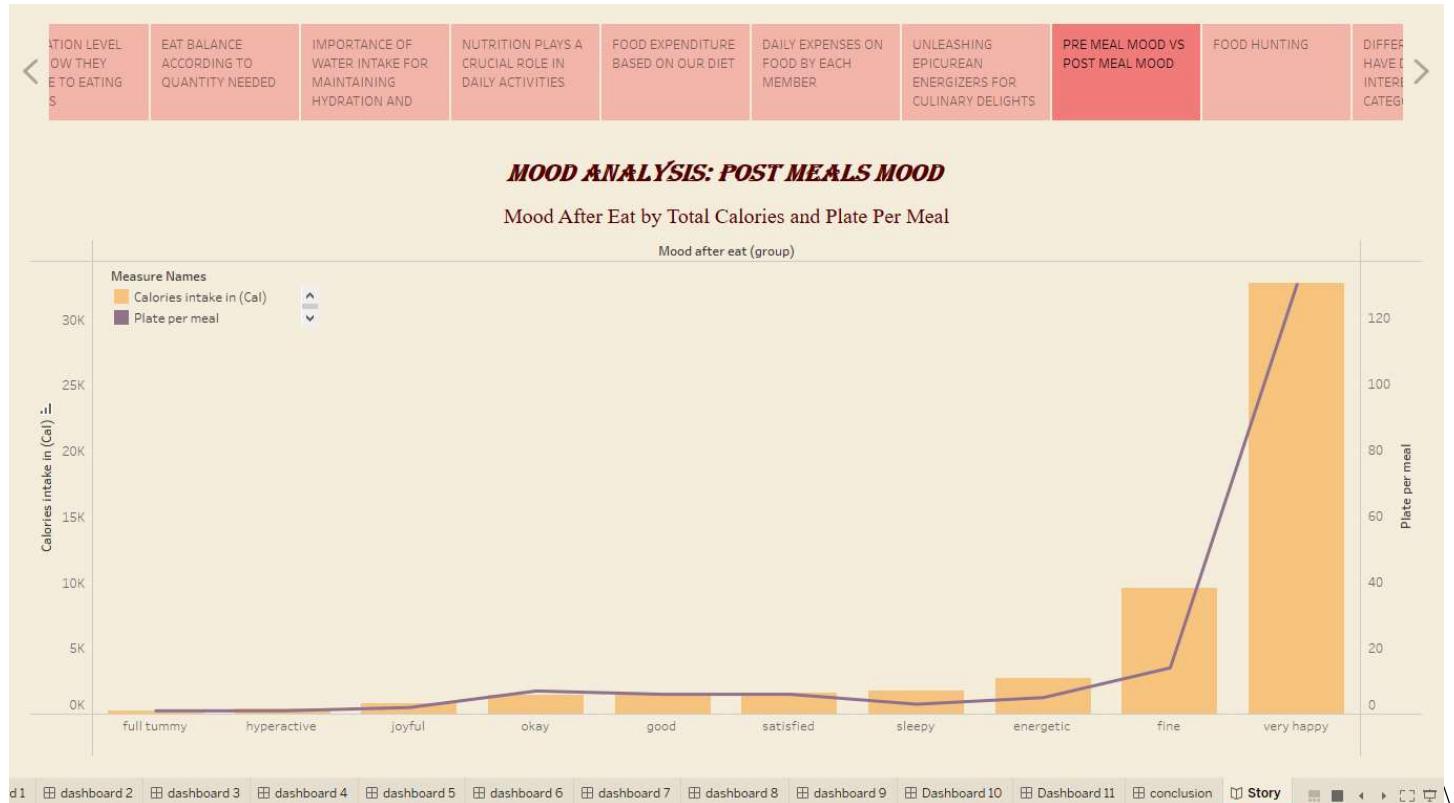
We can see that scatter plot shown us plate per meal based on calories intake and meanwhile the spark line is representing us plate per meal based on food categories. From the scatter plot, we can see that the highest calories is 1500 by 3 plate per meal. Other than that, we can see the frequency of 1 plate per meal much higher than others so this shows that we don't eat very much.

From the spark lines, we can see that salty foods and spicy foods is one of the favourites food categories in our group. The highest plate per meal is 11 at 2 Jun 2023 and it is the spicy food. Furthermore, we can see the least favourite is fresh vegetables because the lines is not long and not much data which is the highest for fresh vegetables is 3 plate per meal and based only 3 days.

Unleashing the power of plate perfection involves mindful eating, portion control, and selecting nutritious foods to optimize health and well-being. By practicing mindfulness, individuals can make conscious choices that nourish their bodies and minds. Portion control ensures moderation and prevents overeating. Including a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats on our plates promotes optimal nutrient intake and reduces the risk of chronic diseases. Education and awareness about healthy eating are crucial for individuals,

healthcare professionals, and policymakers to work together. By disseminating accurate information and implementing initiatives like nutrition education programs and policies promoting public health, we can empower individuals to make informed choices and create environments that support plate perfection. Embracing plate perfection is an ongoing journey that requires commitment and a willingness to embrace change, leading to a brighter and healthier future for all.

PRE-MEAL MOOD VS POST-MEAL MOOD

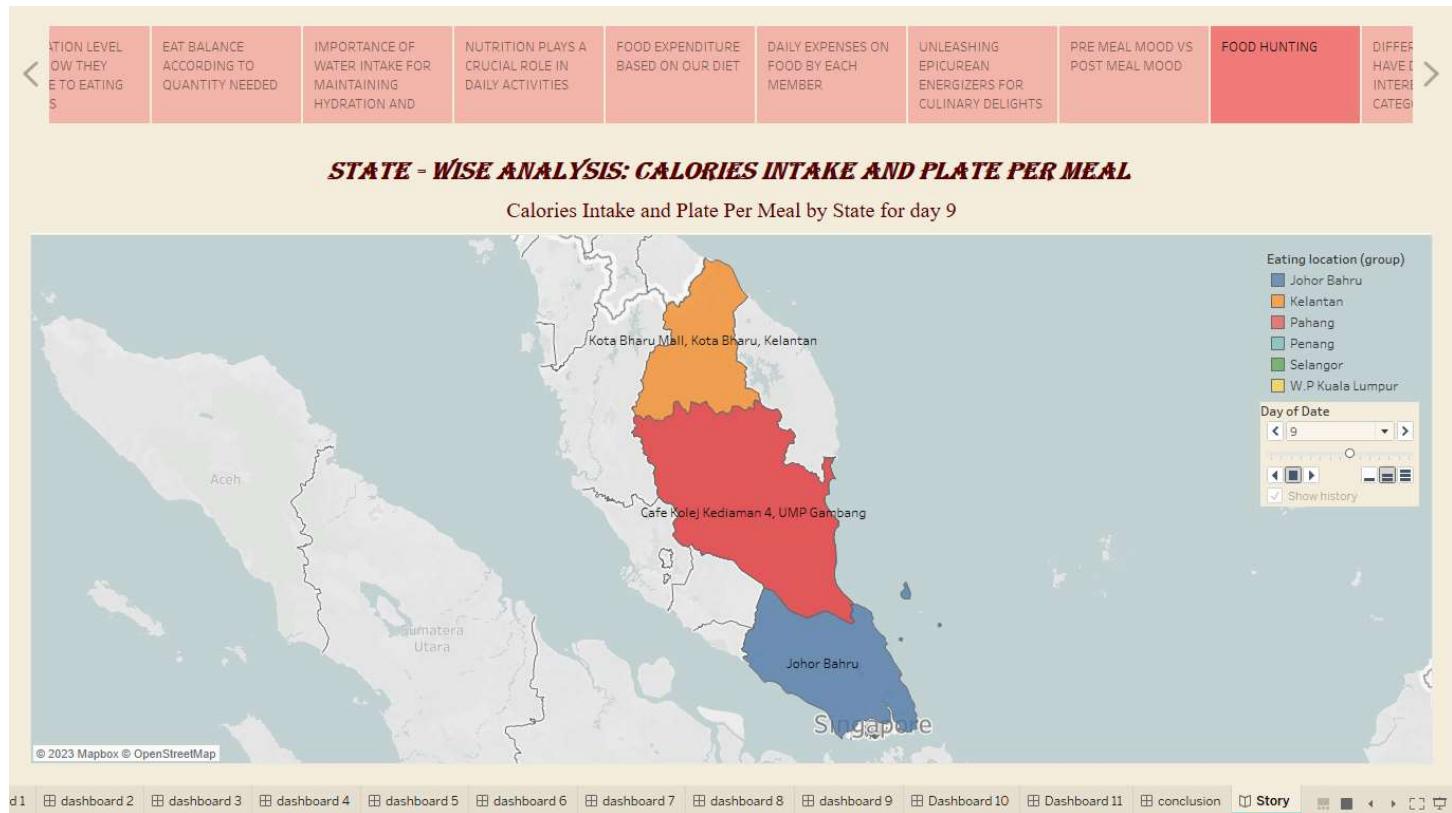


Pre - meal mood and post - meal mood refer to the emotional states or moods experienced by an individual before and after having a meal, respectively. Pre - meal mood can be influenced by various factors such as hunger, cravings, expectations about the meal, personal and external circumstances. When a person is hungry, they may experience feelings of irritability, low energy, difficulty concentrating or even anxiety. These emotions can influence their pre - meal mood. Individual preferences for certain foods or dislikes for others can shape pre - meal mood. If a person is about to eat their favourite dish, they may experience positive emotions and overall good mood. On the other hand, if they have to consume something they dislike, their pre - meal mood may be less positive.

Post - meal mood refers to the emotional state or mood experienced by an individual after consuming a meal. The psychological experience of satisfaction after a meal can contribute to a positive post - meal mood. The dual combination bar and line chart shows the mood of respondents after eating by total calories and plate per meal. As you can see, the data shows that all of the respondents that took a total of 130 plates per meal for 14 days were very happy after they ate. This shows that the more they eat, the more they feel happy. The psychological experience of satisfaction after a meal can contribute to a positive post - meal mood. When a person feels full and nourished, it can enhance their overall sense of well - being and happiness.

It is important to note that pre - meal and post - meal moods can vary significantly between individuals and across different situations. While some people may experience positive emotions and an improved mood after a satisfying meal, others may have different emotional responses based on their unique circumstances, personal preferences and physiological factors.

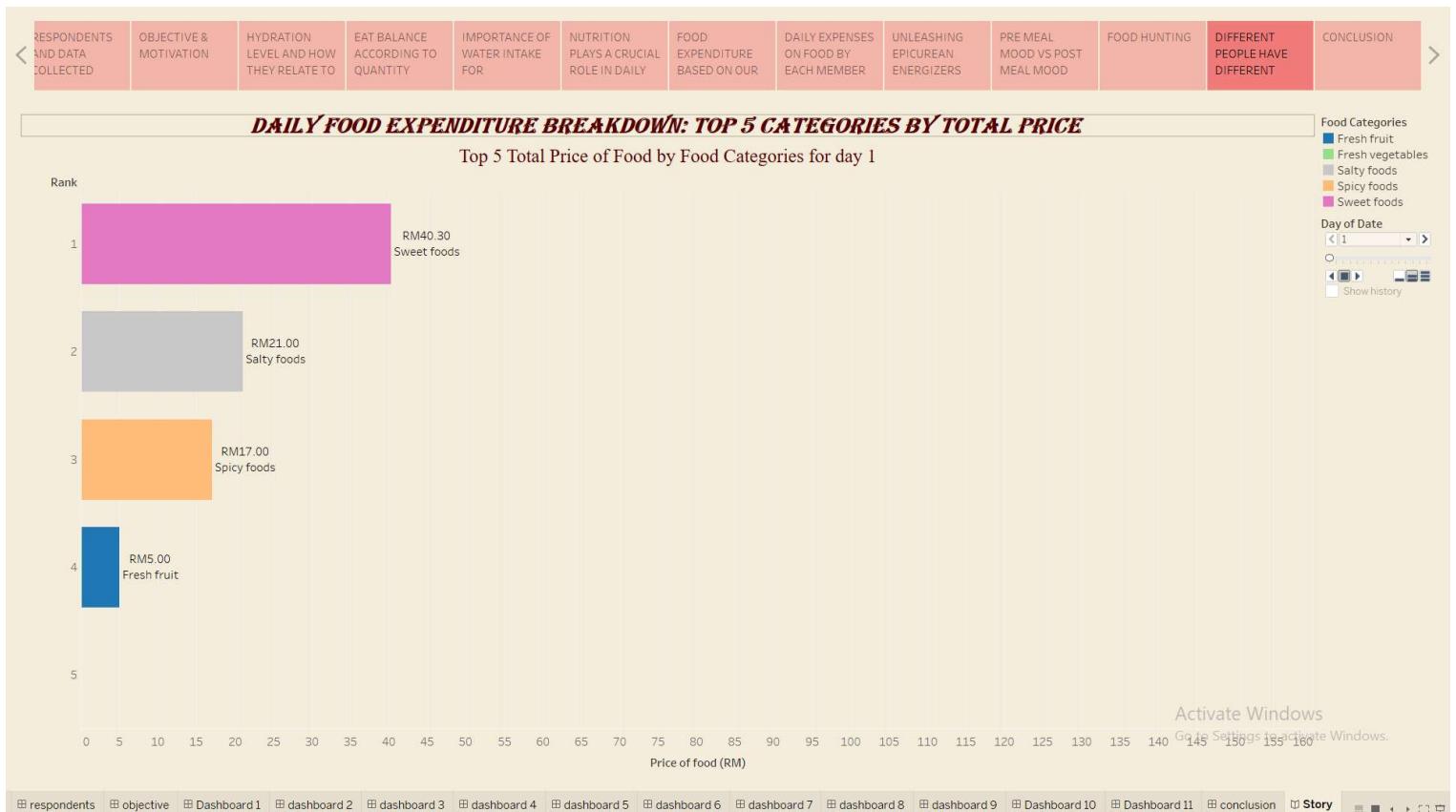
FOOD HUNTING



As you can see, all of the respondents are studying in University Malaysia Pahang (UMP) and they often eat there. They came from different states which are Johor Bahru, Penang, Wilayah Persekutuan Kuala Lumpur and Selangor. On 2 June 2023, they went back to their hometown and ate a variety of foods because they missed eating home cooked food. Based on the filled map, one of the respondents has the highest calorie intake which is 1500 Cal for day 9. On that day, he went to Kota Bharu in Kelantan for food hunting at He & She Coffee in UITM Machang. He went to all over places in Kota Bharu to try a variety of foods and this shows that he also took the highest plate per meal on that day.

Variations in calorie intake and plate per meal can indicate the prevalence of certain dietary patterns in different states. Regions with higher calorie intake and larger plates per meal may indicate a higher consumption of energy-dense foods or a cultural preference for larger portion sizes. States with higher calorie intake per meal may have larger plates sizes or a higher number of food items served during meals. Different regions may have distinct plate compositions and portion sizes influenced by local cuisine and food preferences. Overall, state-wise analysis of calorie intake, plate per meal and food hunting offers a comprehensive view of regional dietary patterns, cultural influences and the interplay between food choices and accessibility.

DIFFERENT PEOPLE HAVE DIFFERENT INTEREST ON FOOD CATEGORIES



This horizontal bar chart is represented total price of food(ranked) based on food categories for each day. For day 1, the most food categories that we spent on is sweet foods for RM40.30 and the least is fresh vegetables because no one ate it. From this we can say that this group is most likely dont eat much fresh vegetables. As this project is to create a healthy lifestyle we should take a balanced portion for each food categories based on food pyramid.

The analysis of daily food expenditure highlights the top 5 categories by total price, providing insights into spending patterns. Fresh produce emerges as the leading category, indicating a focus on healthy and balanced diets. Meat and poultry signify an allocation towards animal-based protein sources. Dairy and dairy products show a preference for calcium-rich options. Grains and cereals emphasize the importance of carbohydrates. Snacks and sweets represent occasional indulgences. Overall, the breakdown reveals a prioritization of nutritious options, while also acknowledging the desire for enjoyment through indulgent treats. This analysis helps understand individuals' dietary choices and allocation of resources for food.

CONCLUSION

RESPONDENTS AND DATA COLLECTED	OBJECTIVE & MOTIVATION	HYDRATION LEVEL AND HOW THEY RELATE TO QUANTITY	EAT BALANCE ACCORDING TO QUANTITY	IMPORTANCE OF WATER INTAKE FOR	NUTRITION PLAYS A CRUCIAL ROLE IN DAILY	FOOD EXPENDITURE BASED ON OUR	DAILY EXPENSES ON FOOD BY EACH MEMBER	UNLEASHING EPICUREAN ENERGIZERS	PRE MEAL MOOD VS POST MEAL MOOD	FOOD HUNTING	DIFFERENT PEOPLE HAVE DIFFERENT	CONCLUSION

The study on eating habits has shown that our dietary choices greatly affect our health and well-being. Unhealthy diets lead to chronic diseases, while balanced and nutritious diets offer numerous benefits. Mindful eating and portion control are crucial for developing a healthy relationship with food. Long-term dietary habits are more effective than short-term fad diets. Promoting education and awareness about healthy eating is essential for individuals, healthcare professionals, and policymakers to work together in fostering healthier lifestyles.

Activate Windows
Go to Settings to activate Windows.

respondents objective Dashboard 1 dashboard 2 dashboard 3 dashboard 4 dashboard 5 dashboard 6 dashboard 7 dashboard 8 dashboard 9 Dashboard 10 Dashboard 11 conclusion Story

The conclusion drawn from the study on eating habits emphasizes the significant impact our dietary choices have on our overall health and well-being. The findings indicate that unhealthy diets contribute to the development of chronic diseases, while balanced and nutritious diets provide multiple advantages.

The conclusion also highlights the importance of practicing mindful eating and portion control to establish a healthy relationship with food. By being conscious of our eating habits and regulating portion sizes, we can make positive changes to our dietary behaviors and promote better health outcomes.

Furthermore, the conclusion emphasizes that adopting long-term dietary habits is more beneficial than following short-term fad diets. Sustainable and consistent dietary practices have a greater impact on health and are more likely to result in long-lasting improvements.

The conclusion suggests that promoting education and awareness about healthy eating is crucial. It emphasizes the need for collaboration among individuals, healthcare professionals, and policymakers in order to foster healthier lifestyles. By providing information and resources on healthy eating, individuals can make informed choices, healthcare professionals can offer guidance, and policymakers can implement initiatives and policies that support and encourage healthy dietary habits.

MARKING SCHEME RUBRIC

CLO	Description	PLO mapping	Percentage	Marks
CLO2	Demonstrate the data visualization skill using an effective storytelling.	PLO2: Cognitive Skills and Functional work skills with focus on Numeracy skills C3: Application	10%	30

LEVEL OF ACHIEVEMENT				
1 Inadequate	2 Emerging	3 Developing	4 Good	5 Excellent

QUES.	ELEMENTS	MARKS	LEVEL OF ACHIEVEMENT
1&2	<ul style="list-style-type: none"> a. At least 2 weeks daily data from all members. b. At least 1 Date data type in the dimension shelf. c. At least 2 Categorical/qualitative data types in the dimension shelf. d. At least 1 Geographic data type in the dimension shelf. e. At least 3 Quantitative data types in the measure shelf. 	5	
3	<ul style="list-style-type: none"> a. A catchy title and a clear storyline. b. At least 7 story points. c. Combination of text, image, worksheets, and dashboards. d. Combination of several types of visualization from each data field types. e. Interactive visualizations (include filters and animation). 	5	
TOTAL (10)			

CLO2 RUBRICS OF QUESTION 4								
CRITERIA	LEVEL OF ACHIEVEMENT							
	0 Non-existent	1 Inadequate	2 Emerging	3 Developing	4 Good	5 Excellent		
Motivation of your story	No motivation of the story provided.	Very little motivation of the story provided.	Motivation of the story provided but missing all major points.	Motivation of the story provided but unclear.	Clear and good motivation of the story provided.	Very clear and excellent motivation of the story provided.	0.5	
Detail explanation of the storyline	Failed to explain the storyline.	Not efficiently, effectively, and accurately explain the storyline.	Partly accurate, but not effectively explain the storyline.	Effectively explain the storyline but not accurate.	Accurately and effectively but not efficiently explain the storyline.	Accurately effectively, and efficiently explain the storyline.	1	
Detail analysis of each story point	Failed to analyse the story points.	Not efficiently, effectively, and accurately analyse the story points.	Partly accurate, but not effectively analyse the story points.	Effectively analyse the story points.	Accurately and effectively but not efficiently analyse the story points.	Accurately effectively, and efficiently analyse each story point.	2	
Concluding remark	No concluding remark provided.	Very little concluding remark provided and inaccurate.	Concluding remark provided but unclear and inaccurate.	Concluding remark provided but partly inaccurate.	Clear and good concluding remark provided.	Very clear and excellent concluding remark provided.	0.5	
TOTAL (20)								

CLO	Description	PLO mapping	Percentage	Marks
CLO3	Display a powerful data visualization, report, dashboard or stories in solving various applications using appropriate software.	PLO3: Functional work skills with focus on Practical, and Digital skills P4: Mechanism	10%	30

CRITERIA	LEVEL OF ACHIEVEMENT						SCORE
	0	1 Inadequate	2 Emerging	3 Developing	4 Good	5 Excellent	
Theory/ Knowledge on data visualization and dashboard	No theoretical knowledge on data visualization and dashboard observed.	Very little knowledge on data visualization and dashboard observed or some information is incorrect.	Some knowledge or information observed on data visualization and dashboard but missing all major points.	Some knowledge or information observed on data visualization and dashboard but still missing some minor points.	Good knowledge on data visualization and dashboard observed, missing some minor points.	Excellent knowledge on data visualization and dashboard observed; provides all necessary background principles.	1
Techniques on Story & Data Validation	Failed to create a story.	Inappropriate techniques on story are demonstrated.	Partly correct techniques on story are demonstrated with partly valid data.	Correct techniques on story are demonstrate with partly valid data.	Good techniques on story are demonstrate with valid but not completely accurate data.	Competent techniques on story are demonstrated with valid and accurate data.	2
Efficiency/ Assembly/ Tidiness	Failed to demonstrate the given task.	Not efficiently, effectively, and neatly demonstrated the given task.	Partly efficient, but not effectively and neatly demonstrated the given task.	Efficiently, but not effectively and neatly demonstrated the given task.	Efficiently and effectively but not neatly demonstrated the given task.	Efficiently, effectively, and neatly demonstrated the given task.	1
The story points result	Failed to create any story point	Lack of story points / zero readability of the result. Poor originality.	Partly complete the story points.	Story points are presented but at low readability. Reader has to guess some of the missing information. Less originality.	Clear and neat presentation of story points. All required results are presented. Readability. Complete with labels, title, axes, etc.	Very clear and neat presentation of story points. All required results are presented. High readability. Very complete with labels, title, axes, etc.	1
Results (interactive features)	No interactive data visualization and story points.	lack of interactive data visualization and story points.	Very minimal interactive data visualization and story points are shown.	Barely interactive data visualization and story points are shown.	Clear interactive data visualization and story points are shown.	Highly interactive data visualization and story points are shown.	1
						TOTAL	30

CLO	Description	PLO mapping	Percentage	Marks
CLO4	Work collaboratively as part of a team to solve given problem through group discussion and presentation.	PLO4: Functional work skills with focus on Interpersonal skills A3: Valuing	5%	15

CRITERIA	LEVEL OF COMPETENCY						
	1 Very Weak	2 Weak	3 Fair	4 Good	5 Very Good		
Foster Good Relationship	No clear evidence of ability to foster good relationships and work together effectively with other group members towards goal achievement.	Able to foster relationship and work together with other group members towards goal achievement but with limited effect and require improvements.	Able to foster relationship and work together with other group members towards goal achievement with some effect(s) and require minor improvements.	Able to foster good relationship and work together with other group members towards goal achievement.	High ability to foster good relationship and work together effectively with other group members towards goal achievement.	1	
Alternate Roles	No clear evidence of ability to assume alternate roles as a group leader and group members demonstrated in practice.	Attempt to demonstrate in practice the ability to alternate roles as a group leader and group members but with limited effect and require improvements.	Able to demonstrate in practice the ability to assume alternate roles as a group leader and group members with some effect(s) and require minor improvements.	Able to demonstrate in practice the ability to assume alternate roles as a group leader and a group member to achieve the same goal.	Show clear evidence to assume alternate roles as a group leader and a group member demonstrated in practice.	1	
Respect and accept opinion	Not able to respect and accept opinion of others that leads to conflicts	Limited respect and acceptance of others' opinions in achievement group's objectives	Able to respect and accept opinion of others in achieving group's objectives	Able to well respect and accept opinion of others in achieving group's objectives	Able to very well respect and accept opinion of others in achieving group's objectives	1	
					TOTAL (15)		

***Note:** A self and peer review questions will be given to each of the student to assess their group member and their teamwork and the outcome will assist lecturer to assess the CLO4 rubric.

CLO	Description	PLO mapping	Percentage	Marks
CLO5	Demonstrate an active communication through group discussion and presentation.	PLO5: Functional work skills with focus on communication skills A3: Valuing	5%	15

CRITERIA	LEVEL OF COMPETENCY						
	1 Very Weak	2 Weak	3 Fair	4 Good	5 Very Good		
Clear delivery of ideas	Not able to deliver ideas clearly and require major improvements	Able to deliver ideas and require further improvements	Able to deliver ideas fairly clearly and require minor improvements	Able to deliver ideas clearly	Able to deliver ideas with great clarity	3/5	
Confident delivery of ideas	Not able to deliver ideas confidently	Able to deliver ideas with limited confidence and require further improvements.	Able to deliver ideas fairly confidently and require minor improvements	Able to deliver ideas confidently	Able to deliver ideas with great confidence	3/5	
Effective and articulate delivery of ideas	Not able to deliver ideas effectively	Able to deliver ideas with limited effect and require further improvements	Able to deliver ideas fairly effectively and require minor improvements	Able to deliver ideas effectively and articulately	Ability to deliver ideas with great effect and articulate	3/5	
Understand and respond to questions	Not able to understand and respond to a question	Able to understand and answer questions but not able to accurately answer the question	Able to understand and answer questions satisfactorily	Able to respond to questions well	Able to fully understand and respond to questions very well	3/5	
Adapt delivery to audience level	Not able to deliver appropriately to the audience level	Able to deliver ideas with limited appropriateness to the target audience and require further improvements.	Able to deliver ideas appropriately to the target audience satisfactorily	Able to deliver ideas appropriately to the target audience well	Able to fully deliver ideas appropriately very well	3/5	
					TOTAL (15)		