**EAT YOUR VEGETABLES**

Name(s):

Due Date: **THURS OCTOBER 25**

Assignment:

Working with a partner, choose your top three vegetables out of the list below: We will do a raffle to decide who gets first choice of vegetable.

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| --- | --- | --- | --- |
| Spinach | Eggplant | Carrots | Broccoli |
| Brussels Sprouts | Bell Peppers | Lettuce | Tomatoes |
| Beets | Squash | Sweet Potatoes | Arugula |
| Kale | Bok Choy | Celery | Green Beans |
| Asparagus | Okra | Parsnip | Radish |

Create a poster board to present to the class; you must include the following on your poster:

* Name of the selected vegetable
* Nutrition information of vegetable comparing two of the four: raw/cooked/frozen/canned
* 3 different recipes containing the vegetable(preferably different types of food, e.g. not all soups)
* Description of the nutrient that is most present in the vegetable. What is the nutrient? What does it do for our body? What is a deficiency symptom?
* At least 3 images (can be hand drawn, cut out of a magazine, printed off etc) of the vegetable or the dishes it is in
* A bibliography on the back of the poster, containing the websites, books, magazines, etc, that were used, use multiple sources to achieve best mark.
* Presentation: Minimum of 2 minutes, maximum of 5 minutes.

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| --- | --- | --- | --- |
|  | Gold Medal | Silver Medal | Bronze Medal |
| Nutritional Info | * Provides nutritional information for two of either raw/cooked/frozen/canned. Then compares the two and which is better
 | * Provides nutritional information for two of either raw/cooked/frozen/canned. But doesn’t make a comparison
 | * Only provides nutritional information for one type of the vegetable.
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| Recipes | * Contains all 3 recipes and are a variety of food preparations.
 | * Contains only 2 recipes. Recipes may be too similar.
 | * Contains less than 2 recipes. Recipes are all very similar.
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| Images | * Contains at least 3 images that are clear and easy to see.
 | * Contains only 2 pictures of the vegetable. May be slightly unclear.
 | * Contains less than 2 pictures and/or pictures are of poor quality.
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| Bibliography | * Included on the back of the poster, with multiple sources
 | * Included on back with limited number of sources
 | * Not included
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| Presentation | * Was between the time limit, students had good voice projection and speed. Both students spoke equally.
 | * Was either under or over the time limit, students spoke well but wasn’t evenly distributed.
 | * Was significantly under or over the limit. Only one student did majority of the speaking.
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