Nutrients

Bad nutrition =\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What are it’s 2 forms: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| Macronutrients | Micronutrients |
|  |  |

Macronutrient #1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| Functions: |  |
| Types: |  |
| Sources: |  |

Macronutrient #2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| Functions: |  |
| Types: |  |
| Sources: |  |

Macronutrient #3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| Functions: |  |
| Types: |  |
| Sources:  |  |

Micronutrient #1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| Functions: |  |
| Types: |  |
| Sources: |  |

Micronutrient #2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| Functions: |  |
| Types: |  |
| Sources: |  |

The most important nutrient: \_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| Functions: |  |
| How much of your body is water? |  |
| How can you tell you are dehydrated?  |  |
| How long can you live without? |  |

**Nutrient Project:**

Your partner: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your nutrient: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Required to look into 1 nutrient – the functions, the different types of the nutrient, specific foods you can get it in, how much you need, what happens when deficient, what happens if you get excess. After researching present the information in an interesting way, and be prepared to present information to the class on the due date.