Nutrients Project:

In partners or groups of 3 you will be assigned a nutrient from the following:

* Carbohydrates
* Protein
* Fats
* Water
* Vitamin A
* Vitamin D
* Vitamin C
* Vitamin E
* Vitamin B12 (thiamine)
* Vitamin B3 (niacin)
* Vitamin B6 (folate)
* Vitamin B5 (riboflavin)
* Fibre
* Vitamin K
* Iodine
* Sodium
* Potassium
* Zinc
* Calcium
* Phosphorus

In your project you must look in depth into your assigned nutrients FUNCTION in the body, SOURCES where you can get the nutrient in food, TYPES (if applicable – example: simple and complex carbs), HOW MUCH you need every day, and any other details about what happens with DEFICIENCIES or EXCESSES of this nutrient.

Your project can be in POSTER, POWERPOINT, VIDEO, SONG, POEM or any other creative form (check with me first).

You will be presenting your nutrient to the class.

Marking:

* Use of class time \_\_/2
* Gives 3 functions of the nutrient \_\_/3
* Gives 3 different source(s) of the nutrient \_\_/3
* Explains deficiencies (what condition is called, what its characterized by)\_\_/3
* Explains excesses (what condition is called, what it is characterized by) \_\_/3
* Presented in a creative way \_\_/5
* Information is accurate \_\_/2
* Presentation is clear, well spoken, loud \_\_/3
* Presenter makes eye contact with audience, maintains good presence (not fidgeting/looking away) \_\_/3
* Submit resources used (at least 2 different websites – not Wikipedia and 1 textbook cited) \_\_/3

Total = \_\_/30