

Nutrients You Need Presentation Project

Group Members: _____

Nutrient: _____

- Work in groups of 1 to 3 students
- Select a nutrient to research
- Prepare a presentation which touches on the points listed below
 - test information will come from the information in the presentation

Information to Include:

1. Functions of nutrient in the body (be more specific than "carbohydrates are for energy" or "calcium is for bones - *you already know that*)
2. Good or excellent sources of the nutrient
3. Recommended daily value (if there is one) - try to find Canadian values
4. What happens if you don't get enough of the nutrient
5. What happens if you get too much of the nutrient
6. Trivia / comments / historical information
7. Include 2 recipes that are good or excellent sources of the nutrient
8. References

During Presentations:

Students are expected to take their own notes during the presentations.

Submitting this assignment:

This assignment should be submitted to Mrs. Mercer in a format that can be posted on the Weebly so that other students can access it for the test.

Test:

Questions will come from information in presentations and will be available on the Weebly.

Presentations are on **Wednesday, October 24**

Test is on **TBA**