Nutrients

Poster, PowerPoint or Video Assignment

Family and Individual Health

Student’s Name:

My nutrient is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Poster should include the following information about your nutrient:

1. What is the function or purpose of the nutrient/ what it does for our body?
2. Name 6 foods that contain this nutrient?
3. RDA (Recommended Dietary Allowances) -- how much do we need each day for normal growth and development? Show the changes as we age.
4. What are the effects on our bodies if we have a deficiency (not enough) of this nutrient?
5. What are the possible toxic (too much) effects of this nutrient?
6. What does this nutrient look like or the effects of toxicity or deficiency? Show a picture.
7. Find a current (within the last year) news article (magazine, newspaper, and newsletter) about this nutrient; the article should explain something other than the information you have already gathered. Give the date and source of your reference. Write a brief summary of the article.