Nutrient

Poster, PowerPoint, or Video

Teacher will pass out the 3 activities that go with the nutrient poster activity. During student presentations students will complete the chart for Nutritional Worksheet 1, NUTRITIONAL NEEDS AT VARIOUS STAGES OF LIFE and the nutrient web.

As students present, the teacher will assess their nutrient project.

This website has information about what vitamins and amounts are needed:

<http://www.moneytalksnews.com/2013/02/11/what-vitamins-do-you-really-need/?utm_source=newsletter&utm_campaign=email-2013-02-11&utm_medium=email>