

Create A Nutrient Pamphlet

Instructions:

You will be assigned one nutrient to investigate. You will become the class expert on this nutrient. It is up to you to design and create an informational pamphlet for the class to learn from.

Requirements:

- 1) Find all of the functions of the nutrient in our bodies. (what is necessary, what it works with, why our bodies can't live without it)
- 2) All of the food sources this nutrient is in
- 3) One recipe that contains the food(s) in which this nutrient is present
- 4) A short class presentation on your nutrient

Hints & Resources:

- Use magazine pictures
- Make drawings and illustrations
- Use textbooks to gather information
- Use cookbooks for recipes and nutritional information
- USE ALL YOUR TIME IN CLASS WISELY!!!!!!!!!!!!

CARBOS

FATS

MINERALS

VITAMINS

PROTEINS