**NUTRTION GROUP PROJECT**

**DIRECTIONS- EACH GROUP WILL BE ASSIGNED AN ESSENTIAL NUTRIENT AND PRESENT A POWER POINT PRESENTATION TO THE CLASS ON THE FOLLOWING TOPICS:**

**WATER**

**FATS**

**CARBOHYDRATES**

**PROTEINS**

**VITAMINS**

**MINERALS**

**\*EACH PRESENTATION MUST CONTAIN THE FOLLOWING:**

**\*MUST EXPLAIN THE FUNCTION THE NUTRIENT SERVES IN THE BODY**

**\*EXAMPLES OF SPECIFIC TYPES AND FACTS ABOUT EACH EXAMPLE**

**\*SPECIFIC FACTS ABOUT WHAT COULD HAPPEN IN THE BODY IF A PERSON CONSUMED EITHER TOO LITTLE OR TOO MUCH OF THE NUTRIENT**

**\*INTERESTING FACTS ABOUT THE NUTRIENT**

**GRADING-**

 **20 POINTS FOR EACH FACT (SEE ABOVE) = 80 PTS**

**CLASS PRESENTATION =20 PTS**

 **TOTAL= 100PTS**