

Essential Nutrients Project

The purpose of this assignment is to demonstrate what you have learned about essential nutrients by designing a healthy dinner and studying the nutrients it contains. This is a group project that will have research and visual aid components. You will present your project to the class when your work is complete.

Requirements

1. As a group, decide on a healthy dinner most of you might be willing to eat that includes the MyPlate categories of veggies, fruit, grains, and protein (don't worry about dairy). Please aim for whole grains (such as brown rice, whole grain bread or pasta, barley, or quinoa) and lean sources of protein (like chicken or fish).
2. Make sure I approve your plate before you go to the next step.
3. When your meal is approved, log on to <https://supertracker.usda.gov/foodapedia.aspx> to research the nutrients in each part of your meal. I will do a tutorial on how to use food-apedia before you get started. Your group will have two computers to make the research quicker. Make sure you take notes on what you find! For vitamins and minerals, just note the 2-3 items that are the highest % of the daily target.
4. When your research is complete, use your plate and paper to make a poster. You may draw your food or use some of the magazine cut outs I have.
5. Plan how you will share your info and poster with the class. When you present, make sure you answer the questions: why is this meal nutritious? What key nutrients does this meal provide? What weaknesses does this meal have when it comes to providing essential nutrients?

Expectations

1. I expect every student to participate and contribute to the group. I reserve the right to assign extra work to anyone who is not a productive group member.
2. I expect each group to stay on task and work as a respectful team.
3. This stuff is confusing; I expect you to ask me lots of questions. Please do not wait until the end of your project to ask for help!

Name:

ESSENTIAL NUTRIENT PROJECT NOTES

NUTRIENT	FOOD:	FOOD:
CARBOHYDRATES Note total carb and fiber. Is this a lot of the target? Is there a lot of sugar?		
FAT Note if high in mono and poly-unsaturated fats. Are there a lot of bad fats (trans and saturated)?		
PROTEIN Note % of daily target.		
VITAMINS Choose top 2-3 to write down. Note the % of daily target		
MINERALS Choose top 2-3 to write down. Note the % of daily target		

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What else do you want to note about your food(s)?