Nutrient Research – Power Point Assignment



**Lesson Plan Title:**

FACS I / Nutrition

**Subject Area:**

**Recommended course(s):**

FACS I / Nutrition

**Aligned to NASAFACS Standards:**

14.0 Nutrition and Wellness (14.2.1, 14.2.4, 14.3.1, 14.3.3)

FACS I - Unit 9

**Objectives:**

\*\*To gain a better understanding of nutrients.

\*\*To share individual nutrients to the class members.

\*\*To gain information through a variety of PowerPoints, students will repeatedly hear and see what foods they should be eating in order to provide their bodies with the necessary nutrients.

\*\*Students will gain experience in public speaking and presentations.

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| **Materials needed:**  **Computer lab**  **Internet**  **Smart board for presentations** | **Resources:**  [**www.whfoods.com/nutrientstoc.php**](http://www.whfoods.com/nutrientstoc.php)  **Essential Nutrients in the World’s Healthiest Foods**  **and**  **Students can choose any other website of their choice to gather the required information.** |

**Lesson Summary/Outline:**

Assign each student a nutrient from the provided list. (Cut strips off and hand them their nutrient.)

Explain the assignment and the provided website.

Allow the students no more than 4 class periods to create their PowerPoint.

Each student will present their nutrient (This takes 2 class periods.)

During the presentations, the students will take notes for each nutrient. I required at least 5 facts for each nutrient.

**Motivator/Opening:**

Review the 6 classes of nutrients, which are common to most people

Introduce the website (World’s Healthiest Foods) to show the variety of other nutrients.

Explain the assignment and allow them to start their research.

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| **Activities:**  **Research**  **Create**  **Present**  **Take note** | **Assignments:**  **Nutrient Research – Power Point Assignment**  **See attachments:**  **\*\*Assignment**  **\*\*Nutrient Notes**  **\*\*Grading Sheet**  **\*\*Student Example** |

**Evaluation:**

**Notes:**

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