**Nutrient Research - Power Point Assignment**

**4 days to complete the assignment. (Aim for 2 ½ slides PER day!)**

**Bring a flash drive if needed. Or save in google docs. ½ off if late.**

**10 slides are required. Google: Essential Nutrients in the World’s Healthiest Foods AND use any site that helps you locate the information.**

**\*\* ALL SLIDES MUST BE IN YOUR OWN WORDS, be able to EXPLAIN it.**

**\*\* DO NOT COPY AND PASTE.**

**\*\* ALL SLIDES MUST CONTAIN AT LEAST 3 PICTURES.**

**SLIDES:**

**1: Name of the Nutrient, your name, your hour**

**2: Introduction – What are you reporting on? What is it?**

**3: Basic Description - Describe it**

**4: Role in Health Support – What does it do for your body?**

**5: Summary of Food Source – What food does it come from?**

**6: Nutrient Rating Chart – summarize the chart, own words. copy and paste SOME of it.**

**7: Impact of Cooking, Storage & Processing – how cooking affects it.**

**8: Interesting fact of your own #1 – something you find useful to know**

**9: Interesting fact of your own #2 – something you find useful to know**

**10: Closing – summarize your research**

**BE READY TO PRESENT TO THE CLASS AFTER 4 DAYS!**

**Biotin**

**Choline**

**Chromium**

**Copper**

**Fiber**

**Flavonoids**

**Iodine**

**Iron**

**Magnesium**

**Potassium**

**Vitamin B-12 (Cobalamin)**

**Vitamin B-3 (Niacin)**

**Vitamin B-6 (pyridoxine)**

**Omega 3 fatty acids**

**Selenium**

**Zinc**

**Phosphorus**

**Folate**

**Manganese**

**Pantothenic Acid**

**Water Soluble Vitamins**

**Fat Soluble Vitamins**