**Uncovering the Nutrient Project**

**Purpose:** In small groups, students will use their knowledge and research one of the six nutrients. Students will uncover and discover information about nutrients.   
  
**Directions:**  
 -Students will choose or be assigned into six small groups (about 6-7 students   
 depending on class size)

-Students will be assigned one the six nutrients. (remind students: to keep their nutrient a secret from other students.)

-The nutrients include: Protein, Carbohydrates, Vitamins, Minerals, Fats, and Water

-In small groups, students will design an informational poster which includes:   
 definition of the nutrient, types of food the nutrient can be found in, and research   
 the importance the nutrient has on the body. (**Note:** Remind students to not   
 include the name of their nutrient because the rest of the class is trying to figure out   
 what nutrient their poster represents.)

- Once the informational posters are completed, students will rotate around the   
 room from poster to poster and try to uncover what each nutrient is represented.   
  
 -After each group has had a turn at each poster, students will go back to their   
 seats and one group at a time will reveal their nutrient to the class.   
  
 -Posters are graded according to the grading rubric.

# Uncovering the Nutrient Project Grading Rubric

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **PROJECT CATEGORY** | **Additional Info; Above & beyond (15-11)** | **Complete; Did what was asked (10-6)** | **Items or parts not complete; limited info**  **(5-0)** | **COMMENTS** |
| Research Questions are thoroughly completed and cited. |  |  |  |  |
| Project has an aesthetical layout (easy to read, makes you want to look at it, good use of graphics) |  |  |  |  |
| Presentation for classmates showing you understand your research. |  |  |  |  |
| Your note worksheet contains detailed information from five other nutrient presentations. |  |  |  |  |
| At least **4** electronic sources and **the textbook** were cited, typed, and put on the back of the poster. |  |  |  |  |

**PURPOSE:** In small groups, students will use their knowledge and research one of the six nutrients. Students will uncover and discover information about nutrients.

**\_\_\_\_\_\_\_/75 Possible Points**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mods:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
 **Uncovering The Nutrient Project**  
  
**Directions:** Research your assigned nutrient with your group members. Include **4 electronic sites** and the use of the **textbook** to aid you.   
  
Your Nutrient:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
1. What is the definition of your nutrient?  
  
  
Source:  
  
  
2. What types of food can your nutrient be found in?  
  
  
  
Source:  
  
  
3. What is the importance/effect your nutrient has on the body? Does it help with any of the body systems?  
  
  
  
Source:

4. What interesting facts did you find about your nutrient?  
  
  
  
Source:  
  
  
5. Does your nutrient help fight against diseases? If so, what types?  
  
  
Source: