**Nutrition Project**

Since nutrition is such a broad topic I am going to let you select the project you will do from the options below:

Option 1- Research a country of your choice in terms of its nutrition/traditions. (How healthy is the country in terms of dietary illnesses like obesity or malnutrition, what foods/entrees do they enjoy eating, what is the eating schedule like, do they grow their own foods, etc.)

Option 2- Research a “fad diet” of your choice (examples: Atkins Diet, Slim Fast, shakeology etc.). What does the diet entail (what does the person on the diet have to eat, not eat, etc.) Are their studies that have shown that it works? Do you think that the diet is safe in terms of healthy nutrition habits? You could also do vegetarianism, veganism, paleo, 21 day fix, what to eat/not eat when you’re pregnant, the diet you have to eat because of your sport, etc.

Option 3: Research a nutritional disease (examples: bulimia, anorexia, binge eating disorder, obesity, Kwashiorkor, Malnutrition, Botulism, Salmonella, diabetes type 1 and 2 etc.)

Describe the disease, symptoms, describe the people who get it, treatment, and any other interesting facts that you find about the disease. A weight-loss surgery is also a good option to study (gastric bypass, etc).

Option 4: Participate in at 5 different group classes offered at the YMCA or another gym that offers different classes (if you have a membership), write up a summary of each class (what did you have to do, what parts of the body did you work, difficulty level, was it a good workout, what you liked and didn’t like about the class and if you would choose to participate in it again). Pics might be good, you can probably find these online. If you are in a sport and you do different exercises daily for conditioning you could do your project on these as well. You could also do 3 classes/exercises and use 2 fitness/diet apps.

Option 5: Research a controversial topic regarding nutrition. You must show both sides/opinions. After researching inform us about your stance on the topic. Ex: only healthy options at schools (café and vending machines), claiming a certain food is healthy when it might not be, etc.

With each option you will need to prepare a visual (slides or poster) and present it to the class.

***You can use powerpoint/prezi/storybird.***

Any tech program- at least 7 slides (10 with a partner)

Poster- full of pictures/facts (in your own words and it MUST look great!)

Criteria:

* Spelling, Grammar, Punctuation count toward your grade. 1 pt off per error.
* You must include where you found your information (it must be in correct works cited form) either read aloud, on your posterboard or other visual.
* You will be presenting your information to the class so have good presentation skills. Must be at least 2 minutes and in **your own words**!

*Assignment is worth: 75 points (15 for the presentation, 60 for the project).*

*Rubrics:*

*Option 1: Country*

* *90% of information need to be nutritionally focused*
* *10% can be on the country in general (traditions, clothing, etc)*
  + *1 pt off per spelling/grammar/spacing/punctuation error*
  + *You need to write it in your own words.*
  + *Works Cited needs to be included (10 pts)*

*Option 2: Specific Diet/Fad Diet*

* *15 pts- What does the diet entail (what do you eat/not eat, is there a certain time frame for the program)*
* *15 pts- Are there studies that have shown that it helps people to lose weight? In your opinion, is it something that is a realistic life long eating plan?*
* *15 pts- Do you feel that the diet is healthy? Why?*
* *15 pts- following the project criteria (neatly put together poster, correct # of slides on a powerpoint):*
  + *1 pt off per spelling/grammar/spacing/punctuation error*
  + *You need to write it in your own words.*
  + *Works Cited needs to be included (this is 10 of the 15 pts)*

*Option 3: Nutritional Disease*

* *15 pts- Describe the disease*
* *15 pts- Symptoms and description of the people who get it*
* *15 pts- Treatment and any other interesting facts that you find about the disease.*
* *15 pts- following the project criteria (neatly put together poster, correct # of slides on a powerpoint:*
  + *1 pt off per spelling/grammar/spacing/punctuation error*
  + *You need to write it in your own words.*
  + *Works Cited needs to be included (this is 10 of the 15 pts)*

*Option 4: Physical Fitness*

* *25 pts (5 per class) Participate in at 5 different group classes offered at the YMCA or another gym that offers different classes (if you have a membership)*
* *20 pts (4 per class) Write up a summary of each class (what did you have to do, what parts of the body did you work, difficulty level, was it a good workout, what you liked and didn’t like about the class and if you would choose to participate in it again).*
* *15 pts- following the project criteria (neatly put together poster, correct # of slides on a powerpoint:*
  + *1 pt off per spelling/grammar/spacing/punctuation error*
  + *You need to write it in your own words.*
  + *Works Cited needs to be included (this is 10 of the 15 pts)*

*Option 5: Controversial Topic*

* *15 pts- Describe the topic issue*
* *15 pts- Describe both sides of the issue from the research you found.*
* *15 pts- Describe your opinion of the issue and your reasons why.*
* *15 pts- following the project criteria (neatly put together poster, correct # of slides on a powerpoint:*
  + *1 pt off per spelling/grammar/spacing/punctuation error*
  + *You need to write it in your own words.*
  + *Works Cited needs to be included (this is 10 of the 15 pts) You need to have at least 5 works cited for this one.*

*Project Assigned on: Monday, Oct 17*

*Computer lab day: Monday, Oct 24*

*Presentation day: Wednesday, Oct 26*