**Assignment: Vitamins and Minerals**

**Due: Friday, Jan 13th**

**Late assignments will receive a maximum grade of 40 points.**

**One class period will be given during the week to work on it. The remainder of the work will be done on your own time.**

**Prepare a power point presentation, a Smart board lesson or a research paper includes the following information on a mineral or vitamin that you had a deficiency or toxicity for:**

* **Name of the nutrient and general information about it**
* **Functions of the nutrient**
* **Best food sources of the nutrient and/or foods to avoid if you have a toxicity**
* **Recommended intake for all ages groups (table format)**
* **Symptoms of a deficiency**
* **Symptoms of a toxicity (if nutrient has a UL)**
* **Information on any clinical studies or trials related to the nutrient**
* **List of references used (sources that are selling supplements are not reliable)**

**Assessment Rubric**

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Poor** | **Below Average** | **Average / Good** | **Excellent** |
| Content (50 points) | Little developed on topic. Few facts. Very little or no organization of information. Little or no relevant information.0-20   \_\_\_\_\_ | Organization is weak. Some organization of facts. Some relevant information.20-30   \_\_\_\_\_ | Satisfactory development of topic and content. Well expressed. Good organization of information. Information is accurate and relevant. 30-45 \_\_\_\_ | Develops topic fully and clearly. Logical organized of information. Relevant information.  45-50   \_\_\_\_ |
| Grammar and Spelling (5 points) | Several grammar/spelling mistakes throughout the assignment. * 1. \_\_\_\_\_
 | Many grammar/spelling mistakes. 2-3   \_\_\_\_\_ | Very few grammar/spelling mistakes4   \_\_\_\_\_\_ | Excellent grammar and spelling throughout the assignment. 5  \_\_\_\_\_ |
| Referencing(10 points) | References and citations not included.1. \_\_\_\_\_
 | Only 1 reference used. Limited research on topic. 4-6   \_\_\_\_\_\_ | Two or more reference used and cited. Sources may or may not be completely reliable. 8-9   \_\_\_\_\_\_\_ | Well researched with references and citations completed accurately.10  \_\_\_\_\_ |

**Total Value= 65 points**