**Nutrient Research Activity**

With a partner or in small groups, you will research one of the following nutrients and teach your classmates all about it. Your research will involve a thorough PowerPoint presentation as well as a handout of the most important pieces of information.

**Nutrient Choices**:

1. Carbohydrates (simple and complex)
2. Fats (saturated and unsaturated)
3. Protein (complete and incomplete)
4. Vitamins (water-soluble and fat-soluble)
5. Minerals (major minerals and trace minerals)

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1. Water

**Scoring Rubric:**

Preparedness for Workshop Classes 10

Quality of PowerPoint 10

Professionalism of Presentation 10

Knowledge of Subject Matter 10

Quality of Handout(s) 10

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**Total: 50**

**Due Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_