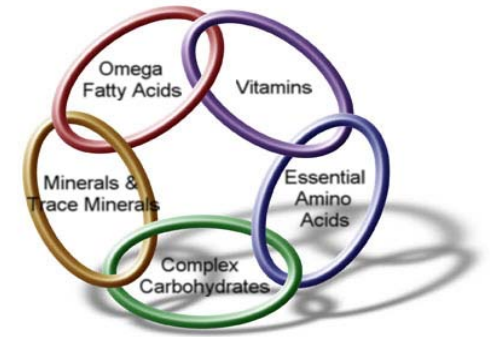


# Nutrient Brochure Project



## Directions:

1. Students will create an original tri-fold brochure about a specific nutrient
2. Brochure should be designed suitable for use in a doctor's office to inform patients
3. Information should be specific and detailed
4. Students must be able to explain all information contained in the brochure
  - a. Do not include information you do not understand – research and learn about your nutrient
5. Students should ensure they are using valid websites and resources. I encourage you to begin with the following references:
  - a. <http://www.choosemyplate.gov/>
  - b. <http://www.umm.edu/>
  - c. <http://ods.od.nih.gov/>
  - d. <http://www.fitnessandmind.com/>
  - e. [http://kidshealth.org/kid/nutrition/index.html?tracking=81347\\_B#cat20512](http://kidshealth.org/kid/nutrition/index.html?tracking=81347_B#cat20512)
6. All information must be properly cited
7. Saving Project
  - a. Students will save both their Brochure & citation page
  - b. File Names will have the following format: Student names-nutrient name (Mr. Adolfo-Water) & (Mrs. Adolfo-citation page)
  - c. Save you work on the flash drive that Mr. Adolfo will provide.

## Requirements: (Use attached Sample Brochure as a guide)

1. Cover:
  - a. Nutrient name
  - b. Slogan- “Original & catchy” specific to that nutrient
  - c. Picture of Nutrient or food which is the “best” source of nutrient
  - d. Name & class period
2. Inside Left Panel:
  - a. List of reasons nutrient is important for the body
3. Inside Middle Panel:
  - a. Foods that contain a significant source of this nutrient (Labeled pictures)
4. Inside Right Panel:
  - a. Interesting facts about this nutrient
5. Inside “Cover”
  - a. What happens when the body gets either too little OR too much
  - b. Symptoms of Deficiency OR Over Consumption
6. Back of Pamphlet
  - a. Citations (a separate citation page may be attached to the brochure)

# Brochure Grading Rubric



Name: \_\_\_\_\_ Class Period \_\_\_\_\_ Total points \_\_\_\_\_ /50 Points \_\_\_\_\_ %

	20	16	12	8
Content Accuracy	All Content is accurate and contains no Errors	Most of the content is accurate , few to no errors	Some of the content is accurate with some errors	Significant content errors
Content Requirements	Contains all content requirements	Most of the content requirements are met	A few of the content requirements are missing	Significant requirements are missing
Content Knowledge	Shows an expert/full understanding of the topic. Covers the topic in-depth with significant details & examples	Shows a good understanding of the topic. Includes essential knowledge with several details & examples	Shows a basic understanding of the topic. Includes basic knowledge with few details and examples	Show very little understanding of the topic. Included little to no details or examples
Organization	Information is very well organized with care for the details.	Information is organized.	Information is organized but not well-constructed.	Information is disorganized or poorly constructed.
Originality	Product shows a large amount of original thought. Message is clear, creative and exceptionally eye catching.	Product shows some original thought. Message is clear and attractive.	Product shows little evidence of original thought. Message is less clear or eye catching.	Product shows no evidence of original thought and is not eye catching. Message is unclear.

Sample Brochure      on Water



# What Happens When My Body Does Not Get The Right Amount Of This Nutrient?

When I get too little water, I have the nutrient deficiency disease\* called  
**Dehydration**

The following symptoms or problems may occur:

- Dizziness
- Fainting
- Bladder Infections
- Constipation
- Certain types of cancer

\* Deficiency Disease = A disease that results from a diet that is lacking in one or more essential nutrient.

Citations-  
This will be a separate  
citations page

- Correct MLA citations must be included
- Since pictures must also be cited, Refer to <http://www.easybib.com/> found on SGMS student's Google Docs
- Seek advice from Mrs. Heiser

# Water

The only nutrient that your body cannot live without for more than 3 days!!



By: Mrs. Greco  
Pd x/x Odd/Even

## My Body Needs This Nutrient To:

- Maintain a healthy blood pressure
- Transport Vitamins throughout the body
- Support life processes by maintaining the body's electrolyte balance
- Help in the excretion of wastes and toxins from the body cells.
- Replenish the 2 ½ liters of water lost each day from breathing, sweating and excreting

## 10 Foods That Contain This Nutrient:



Oranges & Juice



Apples



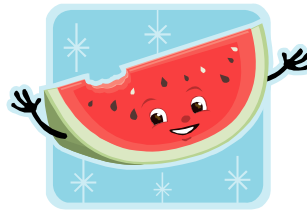
Lettuce



Veggies - Carrots, Peppers, Mushrooms



Meat - fish



Watermelon



Juices



Milk and cheese



Beets and Cabbage

## Interesting Facts About My Nutrient:

- The only nutrient that the body cannot live without for more than 2-3 days
- 60% of an adult's body weight is water
- Water is the best choice over all other beverages to replenish liquids lost during exercise
- Helps to flush out the body of poisons and toxins
- Your body loses 2 ½ liters of water each day through breathing, sweating and excreting