**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Block: \_\_\_\_\_\_\_\_\_\_\_ Unit: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**“OSMOSIS JONES” NUTRIENT ASSIGNMENT**

For this assignment you will create a PowerPoint presentation with a partner or in a group of three on an assigned nutrient:

|  |  |  |
| --- | --- | --- |
| **UNIT** | **GROUP 1** | **GROUP 2** |
| **1** | FAT SOLUBLE VITAMINS (VITAMIN A & E) | WATER SOLUBLE VITAMINS (B VITAMINS) |
| **2** | PROTEIN | WATER |
| **3** | SIMPLE CARBOHYDRATES | COMPLEX CARBOHYRATES |
| **4** | UNSATURATED FATS | SATURATED FATS |
| **5** | FAT SOLUBLE VITAMINS (VITAMIN D & K) | WATER SOLUBLE VITAMINS (VITAMIN C) |
| **6** | MINERALS | TRANS FATS |

Your PowerPoint presentation must include the following information:

* Definition of nutrient
* Function of nutrient in the body (how does it help your body?)
* Where do you get this nutrient from (what foods)?
* How much do you need everyday?
	+ What are the daily requirements according to the Dietary Reference Index (RDI)?
	+ Give 3 examples of foods that have this nutrient and how much you would have to eat to fulfill the daily dietary requirement
* Bibliography – You must use a minimum of 3 different sources

**Day 1**

* Read over Nutrient Assignment
* Watch Osmosis Jones movie

**Day 2**

* Finish Osmosis Jones movie
* Nutrition Notes

**Day 3 & 4**

* Project - Computer Lab

**Day 5**

* Presentations

**Day 6 (if needed)**

* Presentations