**HEALTH AND NUTRITION PRESENTATION (PAF20/30)**

Throughout the time frame of “Personal Fitness” we have learned a lot about the physical aspects of how to become physically active and live a healthier lifestyle. However, we have not talked much about the Nutritional components of Health that are important.

For this Course Culminating Task (CCT), students will create a presentation that is effective to communicate to an “average” person on what is important for nutrition.

By researching information and taking into account the notes on nutrition provided by the teacher, students must share what they have learned sending a message to the class as if they had no idea of what a healthy eating habits are.

Students can choose 1 of 2 options.

**Option 1:**

Students can prepare research in a poster form.

**Option 2:**

Students can prepare a power-point presentation.

Both options are very **visual** projects. They should include numerous examples by photographs, pictures or possibly even physical examples. (I.e. food). After students make their visual, they will present the findings to the class.

Students should include all the 4 food groups in their presentation and relay what is important about each. Students should also break down their research into the 6 essential nutrients (protein, carbohydrates, fat, minerals, vitamins and water). Each of these should be highlighted and explained.

Students can utilize videos, diagrams, or anything that will enhance the message being sent. Students should include common misconceptions in the food world, including issues with different diet programs or foods that are unhealthy.

After all is said and done, students must also include references in a proper MLA bibliography. If students need information on how to write the bibliography they should see the teacher for extra help. For any other questions, students should see their teacher for help.

**Due Date: Monday, January 17th, 2011**

**Window Date: Wednesday, January 19th, 2011**

**ALL CLASSES WILL PRESENT ON WEDNESDAY, JANUARY 19th, 2011 AT 4PM in ROOM 6**