

The Nutrition Project:

In this project we will answer the essential question:

Why is it important for humans to have the right amounts of any one type of nutrients?

This, of course is too big of a question to answer directly so we're going to have to break it up into smaller questions and, from those answers, synthesize a response to that essential question.

Sub-questions to be answered:

1. What are nutrients? We listed three categories of nutrients. Choose 1 of these nutrients for the following questions and your project.
2. What are the functions of the nutrient you have chosen?
3. What are the molecular components of your chosen nutrient?

The first step in any research is to gather background information on the nutrient category you have chosen. We're confident you have been told to go out and gather background information for projects before. There's a difference this time; you will need to report which resources you used, what you used them for and evaluate why that source is trustworthy. Throughout the process you should note where you got the information.

Step two will be to transform the information you've gathered into a concept map or graphic organizer:

- on a paper no smaller than 12" x 18". You may also use software such as Prezi to construct your concept map. Check with your teacher before using other software.
- If you're not using a computer to do this and it is hand drawn, NOTHING is drawn freehand. EVERYTHING is done with a ruler or other tool to make shapes.

Step three involves taking your concept map and using it to create an outline for the essay you'll be writing in the next step. Your outline should include at least 10 sentences that show an analysis, synthesis and evaluation of the information you have gathered.

Step four is the culmination of the work you've been doing. You will need to write a 500-word essay.

- Two pages, double spaced, font 12 with reasonable margins.
- Adequately answers the essential question (as well as the sub-questions)
- Use proper vocabulary
- Reference your research.

Step five: Evaluate your work based on the scoring rubric provided.

Scoring Rubric for Nutritional Research Project:

80 Points total

1. Flow Chart/Graphic Organizer: 31 points
 - Accuracy of Information 15 points
 - Presentation 5 points
 - Graphic Design 5 points
 - 3 sub-questions answered 2 points each (6 pts)

2. Outline: 10 points
 - 1 point for each well written sentence.

3. Paper: 28 points
 - Typed 3 points
 - Full length 5 points
 - Grammar 5 points
 - Clarity 7 points
 - 3 sub-questions answered 2 points each
 - Synthesis question 2 points

4. Cite minimum of 3 sources: 6 points
 - 2 points for each correct citation.

5. Source Evaluation: 3 sites 3 points
 - One sentence on why each is a good source. 1 point each

6. Evaluate your work using the scoring rubric 1 point

7. Name, date, block on all pages 1 point