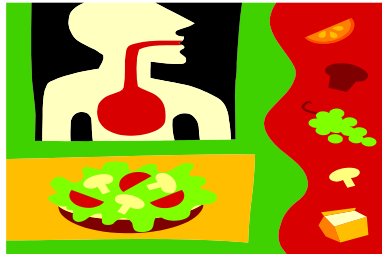


Nutrition
Power Point Assignment
Health Education
Coach Huffman
Karen_Huffman@roundrockisd.org



Assignment: Students will incorporate online technology to research the following topics in regard to the following rubric questions.

Directions: Answer the following questions in the order listed (10 pts/ea; except cover/site slides 5 pts/ea):

- ___ 1. Cover Slide (Name, Class Period, "Nutrition Power Point", Date)
- ___ 2. Define Nutrition.
- ___ 3. Define what healthy eating should consist of.
(Daily caloric intake? Grams of Carbs, Proteins, Fats; Mono, trans & saturated fats) *New food pyramid*
- ___ 4. Choose a negative "factor" that you feel in our society is detrimental to someone's good nutritional health; define this factor.
** Examples of "factors": Fast-Food Industry, Supplemental Products, Processed Foods, Growth Hormones in Food, Cost of Eating Organic, "Fad Diets", etc...
- ___ 5. Explain the above factor, as to why it impacts overall health for the individual involved or our society as a whole. (Why is it a negative factor; what can it cause?)
- ___ 6. State solutions to addressing the factor you chose.
- ___ 7. What are current obesity levels in Texas? How does Texas obesity levels compare to the national average?
- ___ 8. What's going on in Austin to promote "healthy lifestyle choices"?
- ___ 9. What can YOU DO to impact your overall health and longevity?
- ___ 10. If you have to "eat fast" on the go; pick a restaurant where you can eat healthy.
Now design a "healthier" and "unhealthy" menu choice. Break down the nutritional differences between the two.
- ___ Site Source Page
- ___ Total Point Grade %