

# Nutrient Chain Foldable

(Use provided PPT for Notes)

CARBOHYDRATES (Green)

FATS (Pink)

PROTEIN (Blue)

VITAMINS (Orange)

MINERALS (Purple)

WATER (Gold)

Glue folded  
pieces in place in  
this order.

## EACH NUTRIENT SECTION SHOULD HAVE:

- LABEL EACH COLOR FOR THE NUTRIENT IT REPRESENTS (12 points)
- 3 HEALTHY FOOD SOURCES FOR THAT NUTRIENT (18 points)
- Describe what the nutrient (including sub-groups) does for our body. Why do we need it? (30 points)
- Each nutrient should include a mix of PICTURES, WORDS, and/or DRAWINGS. (5 points)
- TIP OF CHAIN SHOULD HAVE THE TITLE: "SIX ESSENTIAL NUTRIENTS". (3 points)
- BOTTOM TIP OF CHAIN SHOULD HAVE YOUR NAME WRITTEN CLEARLY. (2 points)

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