



Vitamins & Minerals: Speed Dating Style

Objective: Students will research an assigned vitamin or mineral, learning basic information about the nutrient that will be shared with their classmates.

Part I: Research Information:

- Name of Vitamin (fat or water soluble) or Mineral (micro or macro)
- Function of Vitamin or Mineral in the Body
- Food Sources (3-5) (NO SUPPLEMENTS)
- Deficiency Symptoms/Diseases
- Who is most at risk for deficiency

Part II: Vitamin or Mineral Business Card Requirements (Index Card Size)

- Name of Vitamin or Mineral with a Catchy Slogan
- 2-3 Promotion Points to Summarize Important Main Ideas
- Photo(s) of Excellent Food Sources
- Optional: Photo of Deficiency Disease or Symptoms

Part III: Fictional Case Study Slide

- Create a fictional case study in Google Slides of someone experiencing a deficiency in the vitamin or mineral you've been assigned, using researched information
- Provide sufficient information and clues (without being too obvious) that when exchanged, the vitamin or mineral deficiency can be identified. Include age, gender, risk factors, symptoms, but not the name of the vitamin or mineral you are referring to
- Share the case study slide(s) with me in Google Classroom so I can create a document for the class to access and diagnose

Part IV: Speed Dating Presentation

- Give a short 2 minute talk on your assigned Vitamin or Mineral using the business card as reference
- Complete a chart referencing important Vitamin or Mineral information you learn as you move through the speed dating stations

Part V: Diagnose the Deficiency

- Use the chart you created during the Speed Dating segment of this assignment to help you diagnose the case study

Project Rubric:

_____ /5 pts.	Name of Vitamin or Mineral
_____ /10 pts.	Function(s) of Vitamin or Mineral in the Body
_____ /10 pts.	Food Sources (3-5)
_____ /10 pts.	Deficiency Diseases/Symptoms
_____ /10 pts.	Who is at Risk?
_____ /20 pts.	Business Card with Slogan, Food Sources Photo(s), 2-3 Promotion Points
_____ /15 pts.	Fictional Case Study Slide with Sufficient Details to Diagnose Vitamin or Mineral Deficiency
_____ /20 pts.	Speed Dating Presentation

Total Points: _____ /100

Research Notes for Vitamin or Mineral

Name _____

Circle the correct answer regarding your nutrient:

Vitamin/Fat Soluble or Vitamin/Water Soluble

Mineral/Macro-Nutrient or Mineral/Micro-Nutrient

Function(s)—Role it Plays in the Body:

Food Sources:

Deficiency Symptoms/Diseases

Who is Most at Risk?