Nutrient Deficiency / Toxicity

Newscast

# Instructions:

You and your partner will investigate and report on one of the following nutrient deficiencies or toxicities. You will investigate:

* the importance of the nutrient for general nutrition;
* the recommended amounts of this nutrient according to the DRI;
* the causes of this deficiency / toxicity;
* the effects (symptoms, what it looks like);
* treatment options, ways to prevent it;
* common populations affected by this illness (who are they and where do they live?);
* interesting facts about the deficiency or toxicity (trivia, historical information, etc.);
* foods that are an excellent source of the nutrient;
* and a suggestion for a recipe(complete with nutrition information, ingredients and directions) that would help to solve the problem;
* An accurate A.P.A. style reference list that credits all sources of your information

After you complete your research notes, you will prepare a script and then deliver a 5 minute newscast to your classmates about the nutrient deficiency or toxicity that you have chosen.

You will provide a handout to everyone in the class which includes all of the important information.

Choose from the following nutrient deficiencies or toxicities: (Note: one news team per topic)

* Vitamin A Deficiency
* Rickets / Osteomalacia
* Pellagra
* Goitre (goiter)
* Iron Deficiency Anemia
* Osteoporosis
* Scurvy
* Kwashiorkor
* Marasmus
* Beriberi
* Folic Acid Deficiency
* Iron Toxicity
* Fluorosis
* Excess Sodium Intake

**NUTRITION NEWSCAST**

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| **Category** | **Grade** | **Comments** |
| **Knowledge**: student demonstrates an accurate understanding of the nutrient chosen. Student is thorough and provides lots of detail.  |  |  |
| **Thinking:** Student chooses a recipe that effectively highlights the chosen nutrient. Detailed explanations are provided. |  |  |
| **Communication:** ideas are organized and clear.  |  |  |
| **Application:** Student is able to effectively apply course content and knowledge of nutrients to the specific deficiency or toxicity chosen. |  |  |