

Nutrient Booklet Assignment

Use the Food for Life textbook and the Canada Food guide to research and explain each of the following nutrients

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|---------------|----------|-------|
| protein | vitamins | fibre |
| carbohydrates | minerals | water |
| fats | | |

Include the functions of each nutrient and examples of foods that are good sources of those nutrients.

Each page should have 50 to 100 words.

Include a Title Page – with your Name, Course Name, and Block in the bottom right hand corner. Staple this page to the back of your booklet.

CATEGORY	(4) Excellent	(3) Good	(2) Almost	(1) Not Yet
Attractiveness & Organization	The brochure has attractive formatting, uses headings throughout and is very well organized information.	The brochure has attractive formatting, uses some headings and has an organized information.	The brochure has adequate formatting, is lacking in headings and is somewhat organized.	The brochure's formatting and organization of material are confusing to the reader. No Headings.
Content - Accuracy 12 points	The brochure has all of the required information and some additional information.	The brochure has all of the required information.	The brochure has half of the required information.	The brochure has little of the required information.
Writing – Mechanics: Spelling Sentence Form Grammar Punctuation Capitalization	All of the writing is in complete sentences. Capitalization, punctuation and spelling are correct throughout the booklet	Most of the writing is in complete sentences. Most of the capitalization, punctuation and spelling are correct throughout the booklet.	Half of the writing is in complete sentences. Some of the capitalization, punctuation and spelling are correct throughout the booklet.	Much of the writing is not in complete sentences. Much of the capitalization, punctuation and spelling is not correct throughout the booklet.
Graphics/Pictures	More than two per page neatly coloured graphics are included and go well with the text.	Two per page neatly coloured graphics are included and go well with the text.	Two graphics are included per page but do not always go well with the text. Graphics may or may not be coloured or neat.	Less than two per page graphics are used and may or may not go with the text. Graphics may or may not be coloured or neat.