

Vitamins

Vitamins are required by human and other animals in small amount to maintain proper health. The lack of vitamins in a normal diet will result in symptoms of deficiency.

Task

You will research a vitamin and present your findings on a one page facts sheet.

Criteria

Your fact sheet must include the following based on your selected vitamin:

1. What are the key functions in the body? Why do we require the vitamin?
2. What is the recommended daily dosage?
3. Is the vitamin water-soluble or fat-soluble?
4. Is it possible to ingest too much of this vitamin? Are there any side effects if you do ingest too much?
5. What are the symptoms of deficiency?
6. Is there a medical name for this condition?
7. What foods contain this nutrient?

Example of Fact Sheet

<h2>Vitamin A</h2>	
Functions:	Fat-soluble
Daily Dose:	Over ingestion
Deficiency Symptoms	Name of Deficiency disorder
Vitamin Food sources	

Assessment Rubric for Vitamin Factsheet

CRITERIA	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
General /10C <ul style="list-style-type: none"> • Spelling • Grammar • Neatness • Size 	Missing	Fact sheet lacks organization; several spelling or grammar problems; not done to correct size requirements	Fact sheet is mainly neat and well-organized; few spelling or grammar problems; correct size.	Fact sheet is neat, well organized and done to correct size restrictions All spelling and grammar are correct
Completeness /10 A <ul style="list-style-type: none"> • Content • Specific content requirements 	Missing	Not all aspects of topic are completed Level of evaluation inappropriate to course.	Complete evaluation of topic is done at a level appropriate to the course	Complete evaluation of topic is done at an advanced level -advanced content requirements
Clarity of Explanation /10 K	Poor, incomplete explanations for several concepts.	Some concepts are unclear or incompletely explained.	Most concepts are well explained and easily understood.	Concepts are well explained and easily understood.
Visual Appearance <ul style="list-style-type: none"> • Appeal • Diagrams • Formatting /10A	Poor visual appeal; hard to read	Visual appeal could be improved by addition of diagrams or use of formatting techniques	Fact sheet is visually appealing - uses relevant diagrams appropriately - good use of formatting techniques	Fact sheet is very visually appealing - relevant diagrams are well placed and well explained - a variety of formatting techniques are used effectively
/40 total				

Comments: