

# Nutrition Across the Lifespan Project

In groups, you will be creating a multimedia presentation to present to the rest of the class about the nutritional needs of a certain age group. You may use any program you wish to present the information, as long as you are following the rubric. In addition, you will discuss a meal plan that is nutritionally appropriate to the needs of your age group.

## Topics Needed To Be Covered (Each Group Chose One)

1. Early Pregnancy
2. Later Pregnancy
3. Infancy and Toddlerhood
4. Childhood
5. Adolescence and Early Adult (Age 13 – 25)
6. Adult (Age 25 – 45)
7. Later Adulthood

- Presentation must be a minimum of 15 minutes and no longer than 18 minutes in length.
- Cover all main headings and bold terms found in the text AND have one slide describing three nutritionally beneficial meals appropriate to your age group, including A PICTURE and lab write up for one of the meals.
- Each member of the group must speak during the presentation.
- Your classmates will be responsible for the information you present; you must cover the information from your age group contained in the book. The information presented will be part of your unit exam.
- If you miss your presentation date, you must write a 3 page paper summarizing your age group. If more than 2 work days are missed, you must type a 6 page paper. See Mr. Hudec for details in either instance.

## Schedule of Project

Day	Location	Activity
1	Classroom / Homework	Research Topic and build outline of presentation
2	Classroom / Homework	Research Topic and build outline of presentation
3	Classroom	Group presentations

## Grading

Grading will be based upon the following

- Presentation
- Meal Choice
- Write Up