**\Description of Idea**

**6 Nutrients**

A. **Creative**: Your job is to create six cartoon characters, one for each of the six nutrients. The end product should have six drawings each with a description about the character and a creative name. The description should include the following information:

1.The character’s special powers (what the nutrient does for the body).  
2.How the character gets the special powers (foods that provide the nutrient, need at least three)?

B. **Practical:** Your job is to create a menu that represents the six nutrients. The menu should have six sections, one for each of the nutrients. Each section of your menu should include the following information:

1.Explanation of the benefits of choosing foods from that section of the menu (What the nutrient does for your body?)  
2.Provide at least three food selections that would provide your body with that nutrient

**C. Analytical:** Your job is to compare the six nutrients to any technology or sport equipment of your choice. You will need to pick a piece of technology that has at least six parts in order to have a comparison for each nutrient. The following is the material that must be included in your explanation.

1.The function of the nutrient and the function of the piece of equipment included in the comparison.   
Example:   
1) Carbohydrates are like the wheels of the bike because the bike needs wheels in order to move. We need carbohydrates to get energy in order to carry out our daily activities.   
2) Minerals are like the pedals of the bike. When we pedal our legs get stronger and minerals help our bones and teeth get stronger.)

2.Each comparison should include 3 examples of the nutrient being discussed.   
Example:   
1) Pasta, bread, and fruits provide our bodies with carbohydrates.

Example for the end product for the nutrient, carbohydrates:  
Carbohydrates are like the wheels of the bike because the bike needs wheels in order to move. We need carbohydrates to get energy in order to carry out our daily activities. Pasta, bread, and fruits provide our bodies with carbohydrates.

**D. Creative:**

Create a rap which talks about all 6 nutrients, where you get these nutrients from and how they help your body function.