**Nutrient Project**

*Choose one of the following options below to create a poster about the three major macronutrient groups (****carbohydrates, protein, fat****). You may work individually or with a partner; however, if you choose to work with a partner, each person is responsible for gathering information on three of the nutrients and share equally in putting the information on the poster.* ***Creativity, color, neatness and spelling and grammar*** *are all a part of your overall grade.*

**Option 1:**

Create three cartoon characters, one for each of the three macronutrients. The end product should have three drawings with a description about the character and a creative name. The description should include the following information:

1. The character’s two special powers – need **at least two**. (what the nutrient does for the body)
2. How the characters get their special powers. (foods that provide the nutrient- need **at least three**)

**Option 2:**

Create a menu that represents the three macronutrients. Create a catchy name for your restaurant. The menu should have three sections, one for each of the nutrients. Each section of your menu should include the following information:

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

**Option 3:**

Compare the three macronutrient groups to any technology or sport equipment of your choice. (Examples- bike, computer, treadmill, cell phone). You will need to pick something that has **at least three parts or functions** **in order to have a comparison for each nutrient**. The following is the material that must be included in your explanation:

1. **At least two functions** of each macronutrient and the function of the piece of equipment included in the comparison. (Example- proteins are like pedals on a bike; pedaling makes our legs stronger and protein help build body tissues, including muscles)
2. Each comparison should include **at least** **three examples of foods** that are rich in that nutrient.