

Nutrition Newsletter

Nutrition, by definition, is the scientific study of food and drink; the ability to provide a source of materials to nourish the body. Thus, the objective of this project will be to study a specific aspect of nutrition and to educate others through the format of a *Nutrition Newsletter*.

Choosing from the topics that are listed on the back of this sheet, you will research and create a newsletter and the end product will be two articles and various other components of your choice.

Before beginning research check with Ms. Romano for approval on your topic.

Websites have been compiled for you to use in researching your chosen topics. When writing your articles here are a few questions that you can use as foundation for your topic:

- ❖ What is the main concept of my topic(s)?
- ❖ What are the pros/cons of my topic(s)?
- ❖ How does it affect your body's functions and overall health and wellness?
- ❖ What do people really need to know about my topic(s)?
- ❖ How are people negatively and/or positively affected by the topic(s)?

These are just a few questions to focus on. Depending upon your topic you will have to customize your questions. Furthermore, look to add additional information that you feel is pertinent to your topic.

Besides the articles, you must add other components, for example, pictures from clip art, interesting facts, and true/false questions to the boxes in the margins of the newsletter. These are just a few ideas, the challenge is to produce something different...BE CREATIVE!

DUE DATE: _____

Nutrition Topics for Research:

- My Food Pyramid
- How to read a food label
- Elements of food safety
 - Fad Diets
 - Eating Disorders
 - Vegetarianism
 - Dietary Supplements
- Hydration during exercise
- How to find out your BMI & what that means to you
 - Obesity
 - Diabetes
- Alternative Food Pyramids (Mediterranean, Willet)
 - Osteoporosis
 - Exercise
- Weight Loss Programs (example: Weight Watchers, Jenny Craig)
 - Aspartame
 - School Lunch Programs
- Nutrition Professions (nutritionist, dietitian, chef)
 - How culture influences eating habits
 - Calorie counting
- Athletes & the importance of hydration & food for optimal performance

