**FSM154 Foodservice Nutrition  
Nutrient Class Project Presentation**

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| **Name** | **Nutrient to Present** | **Date of Presentation** |
| Group 1 | Intro to carbohydrates; Simple Carbs; Complex Carbs, Functions of Carbs |  |
| Carbohydrates: Digestion, Absorption, and Glycemic Response; Choosing whole grains and their health effects |
| Group 2 | Fiber |  |
| Group 3 | Fats and oils: introduction, triglycerides, trans fat, essential fatty acids |  |
| Fats and oils: cholesterol, functions, digestion, absorption, and metabolism, dietary recommendations |
| Group 4 | Proteins: Basics of proteins, proteins in foods & functions, Culinary focus. |  |
| Proteins: Digestion, absorption, metabolism or protein, dietary recommendations. |
| Group 5  Group 6 | Minerals: Overview, Culinary Focus, Dietary Supplements, Functions, Digestion, absorption |  |
| Vitamins: Overview, Culinary Focus, absorption, dietary supplements, functions, digestion |
| Group 7 | Water: Overview / Types of water (Spring, alkaline) Functional beverages, digestion, absorption  Effects of Alcohol |  |

**Group Project Presentation Description**

1. Prior to this session, student pairs will be assigned a nutrient to research.
   1. Characteristics of assigned nutrient
   2. Functions of assigned nutrient
   3. Best sources of assigned nutrient
   4. Prepare an argument as to why you think your assigned nutrient is most important.
   5. Primary information must be from your text.
2. Using PowerPoint (Google Slides), present at the next meeting.
3. Please follow the PowerPoint presentation guidelines.

**Guidelines for PowerPoint Slides:**

1. Use a maximum of 8 slides for content or a total of 10 slides including the title and list of references.
2. Use key words and phrases to reinforce visuals or graphics.
3. Use visuals that reinforce screen text and presentation.
4. Include one quality YouTube clip that is relevant to your topic.
5. Use font and font size that are readable.
6. **KNOW YOUR STUFF!**
7. Include title page and list of references.
8. Email PowerPoint one day before presentation.
9. For more information go to <http://www.garreynolds.com/preso-tips/design/>

Assessment for Rubric (4-1 Grading Scale)

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| **Grading Criteria** | **Excellent (4)** | **Good (3)** | **Fair (2)** | **Poor (1)** |
| **Organization**  Guidelines of PowerPoint slides were followed. |  |  |  |  |
| **Quality of Information** Students demonstrate full knowledge of the topic by answering all questions with explanations and elaborations. |  |  |  |  |
| References  The student used a variety of sources. |  |  |  |  |
| Speaking & Eye Contact  The student maintains eye contact, excellent volume & clarity for the audience. |  |  |  |  |
| Creativity Information flows nicely, visual aids are creative, neat, colorful, and etc. |  |  |  |  |
| **Comments:** | | | **Total Points: /20** | |