ORAL PRESENTATION

OBJECTIVE: Each student will choose a nutrient (either a vitamin, mineral, or herbal supplement). You will use at least two sources to compose an outline on your assigned nutrient. You will be responsible for sharing this information with the class. The oral presentation should be a minimum of five minutes, but not to exceed ten minutes, in length. All of the following questions need to be answered:

1. What is your nutrient?

2. What is the function of your nutrient in your body?

3. What is the RDA and do you think a supplement is necessary?
4. What are some MAJOR food sources of your nutrient?
   a. Develop a meal that is rich in your nutrient.

5. What are deficiency symptoms?

6. What are toxicity symptoms?

7. Are there any populations with higher or lower needs?
8. How is the nutrient absorbed and metabolized as well as how it is stored or excreted?

9. Would you recommend taking a supplement?

10. What is one bogus claim linked to your nutrient?

11. What sources did you use to obtain this information?

The questions need to be answered in outline form. Refer to the syllabus for guidelines regarding written assignments. Outlines need to be turned in prior to presentation.