**Research: Six Essential Nutrients** Group Members: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Students will work in cooperative groups to research an essential nutrient.

Each group will be assigned one of the following nutrients and create a large informational poster.

1. Carbohydrates
2. Fat and Oils
3. Proteins
4. Vitamins
5. Minerals
6. Water

Students will need to include the following information on their poster from their research.

1. Why do we need the nutrient?
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1. What foods do we get the nutrient from?
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1. Identify any health concerns due to deficiencies (not enough) and/or excesses (too much).
* Deficiencies:
* Excesses: