



Assignment: Mineral and Human Nutrition

Objective:

Students must create an informative and visually appealing infographic on a mineral essential for human nutrition. This task will help students understand the role of minerals in maintaining health and effectively communicate important nutritional information.

Instruction:

1. Choose a Mineral

- Select **one mineral** from the list of essential minerals (ex: Iron, Calcium, Magnesium, Zinc, Potassium, etc.).
- Do some research on your chosen mineral and gather information about:
 - **Its role in the body** (What does this mineral do for our health?)
 - **Food sources** (Which foods are rich in this mineral?)
 - **RDA (Recommended Dietary Allowance)**
 - **Deficiency symptoms** (What happens if we don't get enough of this mineral?)
 - **Excess symptoms** (What happens if we get too much of this mineral?)

2. Plan Your Creative Presentation

Choose one of the following creative formats to present your findings:

- **Role-Play/Drama:**
 - Act out a story involving the mineral. For example:
 - A patient with a deficiency visits a doctor who explains the role of the mineral.
 - A superhero version of the mineral rescues someone with symptoms of deficiency.
 - Foods rich in the mineral have a debate with junk food in a fun, engaging way.
 - Use props or costumes to represent characters or foods related to the mineral.
- **Game Show Format:**
 - Create a quiz or interactive session where the audience answers questions about your mineral.
 - Include fun facts and give small rewards to participants who answer correctly.
- **Storytelling:**
 - Narrate a story about the mineral, such as its journey from food to the human body.
 - Use visual aids like charts, props, or even animations during the storytelling.

- **Demonstration with Props:**

- Create physical models or props to demonstrate the role of the mineral.
- For example, use building blocks to show how calcium strengthens bones.

3. Presentation

- Present your chosen creative format to the class. Ensure your performance includes:
 - **The role in the body**
 - **Food sources**
 - **RDA (Recommended Dietary Allowance)**
 - **Deficiency disease & symptoms of deficiency**
 - **Symptoms of excess**
 - **Fun Fact (optional): A fun or surprising piece of information related to the mineral (e.g., did you know that magnesium can help with better sleep?).**
- **Visual Elements:** Use icons, images, or charts that help convey your message. You can also add a **fun fact** about the mineral if you like! Be **creative**—make it fun and informative!
- Keep your presentation short and clear (2-3 minutes).

4. Deadline:

- **Submission:** Submit any supporting materials (scripts) by **30th January 2025** in PDF format.
- **Presentations** will be held on **6th February 2025**.
- A small prize will be awarded for the most creative and impactful presentation.

Evaluation Criteria:

Content Accuracy	Information about the mineral is accurate, well-researched, and clearly presented.	30%
Creativity and Engagement	The chosen format is innovative and effectively draws the audience's attention.	30%
Presentation Skills	Confidence, clarity, and enthusiasm in presenting the information.	20%
Use of Props/Visual Aids	Effective and creative use of props, costumes, or visual aids to enhance the presentation.	10%
Reflection	Thoughtful reflection on the importance of the mineral in daily life.	10%