



### 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:

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