**Foods & Fitness**

**Final project/exam**

Setting: You are a nutritionist working with many clients that have special dietary needs. Due to all the various needs of your clients you feel the need to hold a training to specifically describe one illness to educate the client, families,

and other health professionals.

**Instructions:**

* Read your case study.
* Research your specific dietary need
* Create a Smore poster to educate (share the link with [jessica.uplinger@fieldlocalschools.org](mailto:jessica.uplinger@fieldlocalschools.org)).
* Your poster must include: a definition of your dietary need, common symptoms/problems that are associated with the aliments, foods the client must stay away from, foods that are beneficial to the client (example: lactose intolerant can replace dairy with forms of soy dairy), long-term effects, duration of aliment (is the aliment something that will go away with treatment, improve with treatment, or will the client have for life), treatment.

**\*Do NOT copy and paste in your poster. If the words are not your own, you will receive a 0 for plagiarism. You are educating the public using terminology that a normal person can not understand will NOT educate on your aliment.**

* Then you will come up with a 7 day food plan for that client. You can’t have any meal twice. You must have a balance from the 6 nutrients (carbohydrates, proteins, fats, vitamins, minerals). Each meal must include a beverage. And each day must have breakfast, lunch, and dinner, plus two snack options.
* On Friday January 8th you will meet with other people in the class that have your same aliment. As a group you will collectively decide on a meal to prepare for your client. Your group will have meal planning papers to complete before the end of the class period.
* 4 groups will prepare their lab Monday, 4 groups will prepare on Tuesday.
* No written portion of your final will be collected until your scheduled exam time. If you do not show up for your exam time, you will receive a 0 on all parts.

**Turn in this grade sheet with the written portion of your project:**

**Smore:**

\_\_\_\_/5 Title of aliment \_\_\_\_/5 definition of aliment \_\_\_\_/5 symptoms

\_\_\_/5 foods to stay away from \_\_\_\_\_/5 beneficial foods \_\_\_\_/5 effects

\_\_\_/5 duration \_\_\_\_/5 treatment \_\_\_\_/5 spelling, grammar

\_\_\_\_\_\_\_\_\_/45 possible points

**Meal Plan:**

\_\_\_/10 7 breakfasts \_\_\_\_/10 7 lunches \_\_\_\_\_/10 7 dinners

\_\_\_/10 14 snacks \_\_\_\_/10 creativity with meals/no repeats

\_\_\_/20 follows nutrients \_\_\_\_/20 guidelines for aliment \_\_\_/10 neat, organized

\_\_\_\_\_/100 possible points

**Lab (individual and group points):**

\_\_\_/10 participation with group \_\_\_\_/10 safe and sanitary \_\_\_\_/20 meal plan

\_\_\_/10 clean up \_\_\_\_/10 time management

\_\_\_\_\_/60 possible points

*\*\*You will receive daily points for research and proper use of class time.*

*On task research, conversations, proper use of time.*