Fat, Sugar and Salt Static Display

As we have learned in this unit, fat, sugar and salt are addictive substances that are often added in large quantities to your foods. Unfortunately, these substances are detrimental to your health, and can lead to issues such as heart disease, diabetes, and obesity.

The purpose of this assignment is to educate the junior students at E.L. Crossley on nutritional basics. Choose EITHER fat, sugar, or salt. Then discuss where this nutrient might be found in excess, detrimental effects it can have on your health, and some healthy alternatives.

Content

Content your display MUST contain include:

- Chosen Substance
  - Fat, Sugar, or Salt
- How much your SHOULD consume
  - What is the recommended amount of either fat, sugar, or salt that Canadian teens should consume?
- Where this nutrient might be found in excess
  - Consider things like drinks, fast food items, convenience food, ect.
  - What items might be responsible for the over-consumption of this nutrient?
- Detrimental effects on your health
  - What are some negative effects this nutrient can have on your health?
  - Can this substance be addictive?
- Ways to cut back
  - At least 3 everyday tips that might help students cut back on your substance

Display

Your display should be attractive and east ti read. Students should want to come over and look at your presentation. Is your information readily accessible? Is it easy to read? Does it flow well? Are students going to remember it?

Interactive Component

Rather than just gluing information to a bristol board, your display should have an interactive component involved as well. This is a way to get students actively involved in your display, and help them better remember the information you are presenting. Options may (but don't have to include)

- A short quiz 'How much salt do you eat?'
- A hands on example where students can physically interact with your substance 'Rethink your drink'
- An interactive game 'Match the food to the fat

Healthy Alternative

To attract students to your booth, you will be offering a healthy alternative students may snack on if they are craving your substance. Examples include

- Homemade Banana Chips, Reduced Sugar Yogurt Bites, Fruit, Homemade Granola, Animal Crackers
- Popcorn, Sweet Potato Fries, Veggies, Pretzels, Mini Rice Cakes
- Popcorn, Pumpkin Seeds, Edamame, Low Sodium Crackers

Rubric

Category	Level 1	Level 2	Level 3	Level 4
Knowledge and Understanding Content 20 marks	Student barley or does not addresses any of the expected criteria for content listed above.	Student addresses some of the expected criteria for content listed above.	Student addresses most of the expected criteria for content listed above.	Student clearly addresses all expected criteria for content as listed above.
Communication Display 20 marks	Display is messy and hard to read. Presenters are not professional of knowledgable about their subject.	Display is somewhat attractive, but information is difficult to find/ follow. Students present their information in a some what professional an informative manner.	Display is attractive, but information is difficult to find/ follow. Students present their information in a professional an informative manner.	Display is attractive, easy to read, and attracts viewers. Students present their information in a professional an informative manner.
Thinking Interactive Component 20 marks	Interactive component not present.	Interactive component is present, but is not engaging OR not well related to topic.	Students interactive component is somewhat creative and engages viewers.	Students interactive component is creative, engages viewers, and is directly related to their topic.
Application Healthy Alternative 20 marks	Students offer fewer than 2 healthy ways to cut down in substance. Students snack option not present.	Students offer fewer than 3 healthy ways to cut down in substance. Students snack option is present, but not directly related to substance.	Students offer at least 3 healthy ways to cut down in substance. Students snack option is related to substance.	Students offer at least 3 distinct healthy ways to cut down in substance. Students snack option is related and entices viewers to view display.