

Nutrient Twitter Page

Foods & Nutrition

1. Pretend you are creating a Twitter account for 1 of the 6 nutrients we talked about in class. You may be specific using vitamin C, for example, instead of just vitamins.
2. Create a Twitter name for this nutrient and draw a picture of *food sources* you'd find this nutrient in.
 - Use your phone or the textbook to find more information about your nutrient.
3. Decide who your nutrient would "follow." Create names and include pictures for 3 followers.
4. Create *#trends* that relate to health and nutrition.
5. Create *8 tweets* that your nutrient would "tweet" or "retweet" including pictures for the thumbnails.

EXAMPLE:

Twitter Name: @DrinkWater (draw a picture of watermelon, a source of water)

Followers: @EatNutritious, @VitaminC, and @WeLoveCalcium

Trends: #WaterSavesYourJoints, #WaterMakesTheWorldGoRound, #DrinkMoreWater

Tweets:

@DrinkWater Fun fact- Water makes up 55-75% of your body and helps regulate your body temperature when you exercise!

@DrinkWater Looking for ways to drink more water? Each time you pass a water fountain, take a drink! #StayHydrated

10/30	20/30	30/30
Minimal effort, incomplete, does not include any proof of research, and/or does not include all parts of the assignment.	Completed all parts of the assignment with minimal effort and minimal proof of research.	All parts of the assignment are completed. The Twitter page accurately explains the role and function of the nutrient of your choice using research to build upon the notes we went over in class. Twitter page is neat, creative, and original.