

Nutrition and Health (HFA4U)

Midterm Assessment

For the midterm assessment, you will be choosing a popular food/beverage that the average person consumes. You will then do a nutritional study on it and find out its nutritional value, if it has any...

Once you have gathered your data, you will create a poster to educate the school on the value of nutritional food.

Some popular foods are:

- Starbucks frappachinos
- Starbucks sandwiches
- Shwarma
- Tim Horton's Ice Cap
- Tim Horton's donuts
- Tim Horton's Ice Coffee

Once you have picked a popular food/drink, do **research** to find out the nutritional value. You may also choose to interview the staff of the food's location to get additional information.

This is a group work and you will select one food company. Each person in your group will study nutritional facts of any one food item of that company. **For example:** Your group decides to study McDonald food. If your group has three members, you will be presenting three food items' nutritional fact collectively. Total three posters with same food company name, however food/beverage items are different.

Your poster must include:

- Visuals (minimum 5)
- Clear headers (minimum 5)
- A title
- Your name
- Detailed text explaining your research under each header
- No spelling or grammar mistakes

Headers for your poster:

1. Nutritional Value
 - a. What is it?
 - b. Why is it important?
 - c. Statistics on youth and nutrition
2. Your Popular Food/ Drink
 - a. What is it?
 - b. Why is it popular (statistics)?
 - c. How much is it consumed?
 - d. Why do people like it?
3. What is in your popular food/drink?
 - a. Complete nutritional value
 - b. Ingredients
4. Conclusion
 - a. How much should this product be consumed
 - b. Moderation of food
 - c. Social influence on eating the product
 - d. Your thoughts...
5. Research list