



Nutrition Power Point

Make a PowerPoint presentation on nutrition. Make one slide for each of the following nutrition words.

Sugar	protein (meats/beans)	vegetables
carbohydrates /grains	fats	fruits
milk/milk products	water	

Make a title page. Make sure it has the title "Nutrition" and your name.

Each slide **must** contain:

- 1 - a definition of the word in your own words
- 2 – examples of which foods they can be found in
- 3 - at least 3 pictures of different foods they are mostly found in.
- 4 - how many servings of this food you should have a day.



When you are done, save it to Mrs. Madsen's dropbox (go to Save As, find Dropbox, find Mrs. Madsen's name (smadsen)) **with your name as part of the file name.**

For example: nutrition bob