

Title: Elemental Nutrition

Instructional Focus:

1. 8th grade – SC.8.P.8.5

Vocabulary:

1. Period Table of Elements

Materials/Resources/Graphic Organizer:

1. Note Cards
2. Computer/Internet
3. Powerpoint Software (optional)
4. Display Boards/Markers/Magazines/Scissors

Instruction Type(s):

1. Independent/Collaborative Practice
2. Guided Instruction

Components:

1. Before beginning the activity, provide write the following elements on notecards:
 - a. Potassium, Calcium, Sodium, Magnesium, Iron, Iodine, Magnesium, Molybdenum, Selenium, Zinc
 2. Divide class into small groups or 2 or 3 students.
 3. Have each student “draw” a note card from a hat/container.
 4. Students will research* their element and create a powerpoint presentation and/or display board with the following information:
 - a. Name of element
 - b. Symbol
 - c. Functions in the body
 - d. Diseases caused by excess
 - e. Diseases caused by deficiency
 - f. Dietary Sources
 - g. Consideration of Special Populations (elderly, children, ill, etc)
 - h. Reactions with other elements
 - i. OTHER (as you see fit)
- *Make sure to discuss credible sources of information found on the internet.
5. Once students have created their powerpoint and/or display board, have them give a verbal presentation to the class.