**Food Poster Project**

Develop an informational poster using one of the following sayings:

* Vary Your Veggies
* Pack Your Snack
* Focus on Fruits
* Make Gains with Whole Grains
* Go Lean with Protein
* Win the Day with Water
* OR make up your own!

The poster must include:

* Your food saying in big letters
* Drawings/Pictures/Printouts of different foods that make up your saying
* **Three** information facts about the benefits and why these foods should be included in your daily diet
  + On the back of the poster please include where you got your information from (notes in class or Internet site, etc.) \*\***please make sure you use trustworthy and appropriate sources that end in .org, .edu, or .gov**
* The serving amount a person should have in a day. Be specific!

**You may work in groups or individually**. Groups may be **no larger than 3 people** and a detailed list with what each person contributed should be included. If your poster is selected to hang in 1 of 5 windows in my classroom, you and/or your group will receive extra credit!

The poster is going to be a **test grade** that is **weighted twice**. On, **Wednesday, November 28th**, please turn in a paper with your name and the people you are working with, along with the saying you will be doing. The poster is due **Friday, December 7th**.

The poster is graded by the following rubric:

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| --- | --- |
| Food Saying | \_\_\_\_\_\_ out of 5 |
| Drawings/Pictures/Printouts | \_\_\_\_\_\_ out of 20 |
| Three informational facts | \_\_\_\_\_\_ out of 30 |
| Sources of information | \_\_\_\_\_\_ out of 15 |
| Servings Amounts | \_\_\_\_\_\_ out of 20 |
| Design/Neatness/Organization | \_\_\_\_\_\_ out of 10 |
| **Total:** | \_\_\_\_\_\_ out of 100 |

If you work in a group, please remember to contribute. Points will be deducted from people who were not good team players!