Interactive Folder Activity

You are to create individual Interactive Folder **Chapter 8: Nutrition and the Athlete** Please include the following in your Interactive Folder.

This project will be counted as a **Project** grade worth 100 points!

Chapter 8: Nutrition and the Athlete

**Standard: HS-SM-13: Evaluate the importance of nutrition in physical medicine.**

* Identify and describe the functions of the six classes of nutrients.
* Define the following terms: insulin, monosaccharide, disaccharide, polysaccharide, dietary fat, saturated fatty acid, monounsaturated fatty acid, polyunsaturated fatty acid, trans fatty acid, dietary fiber, female athlete triad, body mass index (include formula)
* Define the term calorie and explain the role in weight maintenance, weight loss, and weight gain.
* Distinguish between the signs, symptoms, and treatments of various eating disorders discussed in the chapter.
* Identify and describe the importance of water and describe the signs of dehydration.
* Compare and contrast different methods of fluid replacement for the physically active person.
* Describe the components of pre- and post-event meals.
* With the templates, you can either use them or trace them on colored paper. **PROJECT MUST HAVE COLOR!!**
* There is no set template to use with the required information
* All information must be secured on the folder using glue. (The pin wheels will be secured with a bracket)
* You will have **three** class periods to work on the project.

Name:

Nutrition Rubric Score

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Component | Full credit – Every term is included with proper definition. | ¾ credit – Most of the terms are included with proper definition. | ½ credit – Some terms are included. Some have proper definition. | Zero Credit – Section was not complete. |
| 6 classes of Nutrients |  |  |  |  |
| 12 Terms |  |  |  |  |
| Calorie and it’s role |  |  |  |  |
| Eating Disorders |  |  |  |  |
| Water importance |  |  |  |  |
| Fluid replacement compare and contrast. |  |  |  |  |
| Pre- and Post- event meal. |  |  |  |  |

Total score:\_\_\_\_\_\_\_\_\_\_\_\_\_/100