

# BEWARE OF: FAT, SUGAR & SALT...OH MY!

You've been assigned a number associated with the following dietary villains: #1: Fat, #2: Sugar and #3: Salt. Use your notes, class resources and reliable internet resources to create a "mini-comic book" for your dietary villain that includes:



- A creative name, colorful hand drawn image of the dietary villain along with an appropriate title and your name for your mini- comic book (cover page).
- The "crimes" the dietary villain may commit to our bodies or health (at least 2). Be specific about villain's effects on our health and body, including details, diagrams +/- or images (pages 2 & 3--one per page).
- Known food "hideouts" for the dietary villain (at least 3). Include why the foods are unhealthy and what they may contain along with images (pages 4, 5 & 6).
- Some ways to thwart their evil plans (at least 2). Describe what actions +/- or changes we can make or include to our diet/lifestyle that would eradicate effects or prevent/reduce them from occurring. Include specific tips along with appropriate images (7-8).
- Make good use of space and be sure to add color throughout the project.
- Neatness & Spelling count!



Date Due \_\_\_\_\_

Name \_\_\_\_\_

## Beware of...Mini-Comic Book Rubric

Criteria	Present	Not Present
Creative name, title & hand drawn image of villain with added color (5 points)		
Two "crimes" (health issues) that villain may cause to body or overall health with details & images (10 points)		
Three foods that dietary villain is known to hide out with details & images (9 points)		
Two ways to prevent or reduce exposure to dietary villain with details & images (10 points)		
Overall appearance of visual is neat, creative and aesthetically pleasing with great use of space (6 points)		
Free of Spelling Errors (5)		
Total Points Possible: 45		

Comments:



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RESEARCH NOTES

POTENTIAL CRIMES

FOOD HIDEOUTS

WAYS TO FOIL EVIL PLANS

