# PROTEIN Polaroid Notes

Read the article [What is Protein? How Much You Need, Benefits & Sources](#) and view the video [Protein--the Basics](#) Use the information and directions below to create a Poloroid Notes Visual of the important information. The visual may be hand generated or digitally created using the provided template. If using the digital template, be sure to make a copy first.

Criteria for all visuals:

#1: INCLUDE THE BIG 3 - the What, the Why, and the How

The BIG 3 are the most important components of creating dynamic Polaroid Notes because the "Big 3" will focus your attention and keep you from trying to capture everything!

- The WHAT is a brief definition and description of PROTEIN.
- The WHY establishes the purpose of protein in our diet. Why is it important to know? What are the benefits of consuming protein?
- The HOW offers examples, tips and tricks, tools, and other practical resources of consuming protein.
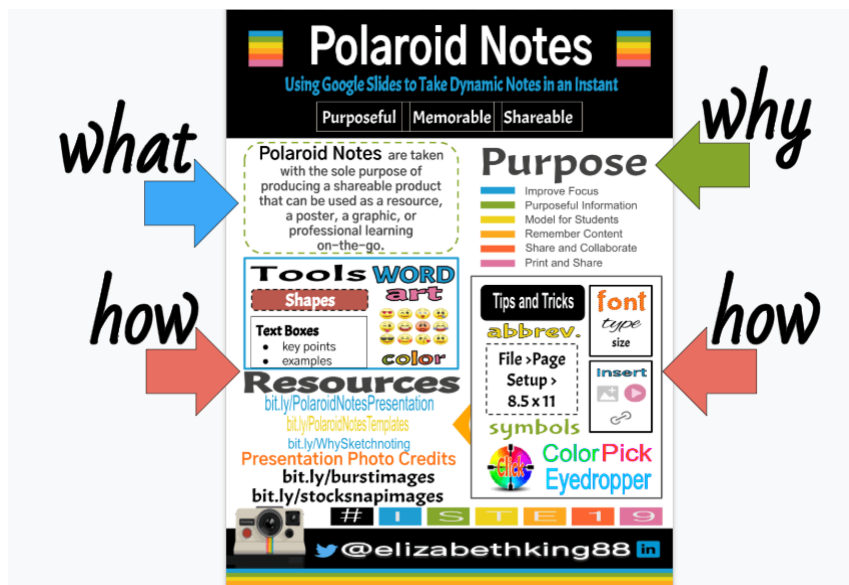
#2: Stick to One Page

- One Polaroid Notes topic really should not be more than one page. Think of it like a snapshot ...a summary that should tell the audience just enough for them to decide if they want to learn more.
- Specific details should be accessible via other resources: hyperlinks, inserted images and/or videos, in lieu of a lot of text on the page.

#3. Making Your Notes POP! Insert --> Insert --> Insert-->

- The **Insert Tab** in the Slides toolbar is your best friend!

  Insert Word Art for main headers and **bold** statements!

- Resize Word Art easily by dragging from the top, bottom, sides, and corners.
- You can have different borders and fill colors.
- You can change the border dash and adjust the thickness of the border weight.

Insert images and even video to illustrate the topic or perhaps explain a big topic more thoroughly. (digital version only)
Insert shapes to organize and/or chunk the information.
Insert tables to organize similar information.
Insert arrows, and/or callouts to draw attention to items you want to highlight. Ex. Tips and Tricks, quotable quotes, etc.

Insert links to other resources to provide the reader more information about the topic. (digital version only)

#4. Use a variety of fonts

There are so many more fonts available in Google Slides. Explore the "More fonts" option to expand your horizons. Check out fonts.google.com to see a variety of fonts along with great font pairings.

Use a theme/color that is relevant to the topic in some way. Usually I choose this based upon the speaker's presentation slide colors and images; or if he/she has written a book or blog, I may get my color palette from there.

Rubric

Criteria	Excellent (5)	Average (3)	Needs Work (1)
Title			
The Big 3--What? Thorough but concise & in your own words			
The Big 3--Why? Thorough but concise & in your own words			
The Big 3--How? Thorough but concise & in your own words			
One Page Only			
Great Use of Making Visual POP: Layout, Color, Fonts, Shapes, Images, Links, etc.			
Neat & Free of Spelling & Grammatical Errors			
Total Points: 35			