

Name _____

Micronutrient Research Project

Purpose

To explore the essential role micronutrients play in maintaining a healthy body.

Micronutrient Definition

According to the World Health Organization (WHO): **Micronutrients** are vitamins and minerals needed by the body in very small amounts. However, their impact on a body's health are critical, and deficiency in any of them can cause severe and even life-threatening conditions.

Vitamin Versus Mineral

According to KidsHealth.org: Whereas **vitamins** are organic substances (made by plants or animals), **minerals** are inorganic elements that come from the soil and water and are absorbed by plants or eaten by animals.

Project Instructions

For this project, you and your group will choose a micronutrient (i.e. mineral or vitamin) to research that is found in Four Corners Potatoes. Use the lists shown in **Nutrition Data Table #2** on the [Nutrition Data Handout](#) to see what micronutrients are found in the Four Corners Potatoes. Working together, you will find and use 3-5 reliable sources to answer the **Research Questions** provided below. Each student must complete and turn in this handout along with any other group work. Once your research is complete, the group will present its findings in one of the following formats:

- Informational brochure
- Informational poster
- 5-10 minute slideshow presentation
- 5-10 minute infomercial video or skit

Regardless of the chosen format, each group is required to provide the answers to all of the **Research Questions** in their presentation or product. Most importantly, however, use your creative freedom and artistic expression to have some fun with this project!

Recommended Resources for Getting Started

Merck Manual Consumer Version Website: <https://www.merckmanuals.com/home>

Centers for Disease Control (CDC) Micronutrients Facts Webpage:

<https://www.cdc.gov/nutrition/micronutrient-malnutrition/micronutrients/index.html>

National Institutes of Health (NIH): <https://ods.od.nih.gov/factsheets/list-all/#>

Research Questions

1. What micronutrient will you be researching?

2. Is your micronutrient a vitamin, macromineral, or trace mineral?

3. What does your micronutrient do to help a body function properly?
List **ALL** of its positive effects on health that you find in your research.

Name _____

Micronutrient Presentations

Potassium

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Calcium

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Phosphorous

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Magnesium

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Manganese

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Zinc

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Iron

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Sodium

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Vitamin B1 (a.k.a. Thiamin)

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Niacin

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Folate

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Works Cited

“Dietary Supplement Fact Sheets.” *National Institutes of Health*, US Department of Health and Human Services, ods.od.nih.gov/factsheets/list-all/#. Accessed 10 Aug. 2021.

“Merck Manual for the Consumer.” *Merck Manuals*, www.merckmanuals.com/home. Accessed 10 Aug. 2021.

“Micronutrient Facts.” *Centers for Disease Control and Prevention*, 28 June 2021,
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www.who.int/health-topics/micronutrients#tab=tab_1.

“Vitamins and Minerals (for Teens) - Nemours Kidshealth.” *KidsHealth*, Jan. 2021,
kidshealth.org/en/teens/vitamins-minerals.html.