**Extra Credit Mini-Posters** (Refer to your objectives sheet for relevant bio and health textbook chapter sections)

**Macromolecules**

* Make a mini-poster showing the 4 macromolecules: Carbohydrates, Fats, Proteins, Nucleic Acids
* **Structures** (what they’re made of), **general** **functions**, and **food sources**.
* Include pictures for structures, functions, and foods

**Vitamins and Minerals**

* Make a mini-poster with a Venn diagram comparing and contrasting vitamins and minerals
* Include 3 specific examples of vitamins and 3 specific examples of minerals
	+ Include pictures for functions and foods.

**Glucose, Glycogen, and Fat**

* Make a mini-poster showing a unique analogy for how **glucose, glycogen, and fat** function in the body to maintain a healthy blood sugar level that meets the changing energy demands of your body.
* You may use the idea your group came up with or make up your own!
* Include descriptions explaining each part (*i.e.: “\_\_\_\_\_\_\_\_ is like glucose because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.”*)
* You may not use the same analogy as anyone that turned in their mini-poster before you.

**Complete Proteins and Protein Complements**

* Make a mini-poster of the answers from the “What Are Complete Proteins?” lesson.
	+ Definitions and example foods for complete and incomplete proteins
	+ Example foods for the 4 combinations of incomplete proteins that provide all essential amino acids
	+ 5 Functions of proteins
* Include pictures for foods and functions

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**N-23: This is 100 Calories (+5-7\* extra credit points) 🡨** Wait until we talk about this in class

* Choose a food of your choice to bring to class.
* Use the nutrition label to calculate the amount of that food that provides 100 Calories.
* Bring to class your math on paper (show your work, and include units), the nutrition label, and 100 Calories worth of that food in a zip-loc bag to be displayed in the class.
* You may not choose a food that already comes packaged in servings of 100 Calories.
* If the food you bring needs to be weighed because it does not show the serving size as a number of pieces, Mr. Warren can provide a scale.
* You may not choose any food that has already been turned in before you.
* \***Bonus**: Calculate the number of pieces that is supposed to be in the whole container, and then count how many pieces are actually there. Include the math (show work, and include units) and the amount you counted on your paper for +2 pts.