

Nutrition Unit Research Paper:

Choose one of the following topics and write a research paper. Your paper must adhere to the following guidelines:

- Word processed
- Double-spaced
- 12 point Times New Roman font
- 2 full pages (at least)
- 3 resources sited (at least) using MLA format (websites cited also)

Vitamins And Their Benefits

- Research the different types of vitamins and explain what each does in the body. Detail where and when each vitamin was discovered. Analyze the body's use of vitamins during exercise including body building. Discuss how the body stores various vitamins, their sources and how they are connected with specific illnesses such as cancer and respiratory diseases.

The Benefits of Being a Vegetarian

- Define the reasons for being a vegetarian. Explain the benefits of plant food and discuss any negative effects of eating meat. Explain variations of the diet as practiced by lacto-vegetarians and vegans. Discuss the nutrients people get from meat and specify plant substitutes, to show how a vegetarian diet can be as wholesome as an omnivorous one. Identify all the vitamins, protein, and nutrients that are needed daily and show how these can be obtained from plants.

Food And Culture

- Choose a culture of particular interest to you and explain how food influences the culture and how the culture influences food. Describe the nutritional value of common food items and discuss if there are any community members that are allowed or prevented from having certain foods. Link any community problems to the presence or absence of certain food groups within the society.

Childhood Obesity

- Analyze the long-term consequences of as well as the causes and methods of prevention. Discuss recent trends that have lead to an increase in childhood obesity. Explain common nutrient deficiencies due to poor eating habits and suggest several options for improving exercise and eating habits. Synthesize a hypothetical community activity that would mobilize resources to deal with obesity in children.