

Mineral presentations

You are going to choose 2 different Minerals from the list below and create a presentation on those Minerals. You can use Powerpoints, Google presentations, whatever you have access to. Make it colorful and insert pictures into it, maybe use videos! Then share your presentation in the Discussions with the class, you can attach a file in the bottom left hand corner. Also, you will view 2 other student's presentations and provide a comment. Your Mineral presentation is **due Thursday, 10/22 @ 11:59pm**, so people can view the videos and **comment**.

Just to give you an idea of length, when presented in class, these presentations are about 2-3 minutes long.

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Please include the following information about the Minerals in your presentation:

- 1- Name of minerals
2. Function of the vitamin in the body (why do we need this minerals?)
3. Daily Reference Intakes (DRI) recommended for the minerals for adults
4. Food sources to eat to obtain the minerals
5. What are the toxicity signs/symptoms of consuming too much of the minerals?
7. What are the deficiency signs/symptoms of not consuming enough of the minerals?

*You can find all this information in the textbook, and in the powerpoint for Chapter 8
<https://citruscollege.instructure.com/courses/19632/files/1619020/download?wrap=1>

Minerals to choose from:

- * Sodium
- * Potassium
- * Calcium
- * Phosphorus
- * Magnesium
- * Chloride

*Sulfur

*Iron

*Copper

*Zinc

*Selenium

*Fluoride

*Chromium

*Iodine

*Manganese

*Molybdenum

Friend , if you want to do the same thing, like you did when you did the vitamin presentation. That would be phenomenal. Remember NO PLAGIARISM.