

Vitamin Presentations

As you may have heard from the previous lecture, we usually flip the classroom and do a group presentations on specific vitamins. This semester, I am making a small change.

You are going to choose 2 different Vitamins from the list below and create a presentation on those vitamins. 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 vitamin presentation is **due Friday night 10/9**, 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.

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

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

*You can find all this information in the textbook, and in the power point for Chapter 7 [blake-nay5-lecture-ppt-ch07.pptx](#)

Vitamins to choose from:

*Vitamin A

*Vitamin E

*Vitamin K

*Vitamin D

*Thiamin

*Riboflavin

*Niacin

*Vitamin B6

*Folate

*Vitamin B12

*Vitamin C

*Pantothenic Acid

*Biotin