FEM3202: NUTRITION, HEALTH AND ENVIRONMENT  
FIRST ASSIGNMENT (INDIVIDUAL)  

DUE DATE: END OF WEEK 7

Nutrition Project Assignment  
Malaysian Foods

- You may **choose** from the following three projects.
- Each poster will be **8 ½” x 11”**  
  *(The size of this piece of paper)* They must be created in COLOR! *(5 points)*
- Your poster will be evaluated for spelling, font type/color/size, formatting elements, neatness and overall graphic design/layout *(15 points)*
- Submit your completed, printed poster copy. At the back of the poster, please write down:
  
  a) Your Name  
  b) Matric. No  
  c) Semester  
  d) Your signature and date  

1) “**Tastes Great! Eat Right!”** – a nutritious snack recipe poster.

Choose a **healthy** snack recipe.

Create a colorful poster that communicates the:

1. *title*,
2. *ingredients*,
3. *serving size*,
4. *the number of servings the recipe makes, and*
5. *preparation directions*. *(10 points each)*

Include a **minimum of three** pictures, clipart, and photos that relates to your recipe. *(10 points each)*
2) “Drink More Water!” poster

Create a colorful and informative poster advertising water and a minimum of five health benefits. (10 points each)

Your goal is to encourage people to drink water as a way to control weight, maintain healthy skin, and stay well. Use your water notes and internet for additional benefits.

Include a minimum of three pictures, clipart and photos that relate to your water topic. (10 points each)

3) “Check Out This Food Group!” poster

Create a poster that describes the foods that belong to a particular food group and a minimum of five health benefits that the group provides. (10 points each)

Ex.- Carbohydrates: Foods = bread, rice, oatmeal, whole grains; Benefits = provides quick/sustained energy

Use a minimum of three clip art, pictures and photos to illustrate food types. Be sure it is colorful and eye catching! (10 points each)