

## Nutrition and Health Infographic Project - alone or with a partner

30 marks

As discussed in class, your task is to choose a health condition that is in some way connected to poor nutrition. The health issue does not solely need to be caused by poor diet. It must, however, be impacted by poor nutrition choices. A connection exists.

### What is an infographic?

- An infographic is a poster style document that conveys (communicates) information with a mix of images and text. A good infographic tells its story by effectively combining the two aspects. We looked at some samples in class. See page 2. It is NOT a traditional poster since an infographic feels a bit like an advertisement. And there is usually flow to the info. It's not just a collection of facts and images.

### Guidelines

A solid infographic will follow these rules

- It clearly communicates its message (which implies you have a message to share)
- It moves your eyes in a specific direction
- It's organized
- It's attractive
- It's original (not plagiarized)
- It's accurate and properly researched

### Appearance

- For this project, the overall poster size can be from letter (8.5 x 11) up to tabloid (11 x 17). We will look in class at sample sizes. Please stay within this range.
- It can be hand constructed or completed on a computer or some combination
- Use colour to make it more striking and visually appealing. The look matters.
- Text should be large enough to be read from one metre away.

### Content

- The infographic will clearly show the connection between proper/improper nutrition and the condition/disease. It will suggest changes to help avoid or improve the condition
- You can approach it from a positive or negative point of view. Proper diet avoids... Or poor diet will lead to this condition...
- It's important the info should balance enough to inform the reader but not so much that it becomes wordy like an essay or article. You want to create a clear impression of the viewers but not overwhelm them
- Info should clearly connect the condition to nutritional choices. E.g. effect or cause
- All resources, for both text and images, need to be cited on the back of the poster

## Options

You will record your topic choice on a sign-up sheet in the classroom. If you're working with a partner, record both names. Listed below are a few possible options. You may suggestion your own. Max of two infographic posters per topic.

Sample Topics - you may choose one of these or select your own.

- Obesity
- Type 2 Diabetes
- Tooth Decay
- Osteoporosis
- Cardiovascular diseases
- Depression
- Hypertension (High blood pressure)
- Certain cancers
- Gout

Questions to help shape your infographic.

- What is the condition?
- How is poor nutrition related to the condition?
- What are some Canadian statistics that relate to this condition?
- How can good nutrition prevent this condition from developing?
- What body systems are affected by this condition?
- What are the risk factors of this condition?
- What other unhealthy habits are associated with this condition?

