




# FRAYER MODEL

NAME:

DATE:

TOPIC:

Draw a picture representing the nutrient or food group in the middle circle and provide the definition, characteristics, recommended daily allowance, and interaction with other nutrients/food groups.

<b>Definition</b>	<b>Characteristics</b>
A clear and concise definition of the nutrient or food group being studied.	Key attributes or features of the nutrient or food group, such as sources and benefits.
	
Recommended daily intake of the nutrient or food group.	How the nutrient or food group interacts with other nutrients/food groups in the body.
<b>Recommended Daily Allowance</b>	<b>Interaction with other nutrients/food groups</b>