**Choosing the Focus of Your Capstone Project**

There is a Capstone Project timeline available under Course Resources on the left navigation pane.

View an [introduction to the Assignment](https://kapextmediassl-a.akamaihd.net/healthSci/NS499/NS499_1402A/U1/Assignment/index.html). Be sure to adjust your audio settings.

**Unit outcomes addressed in this Assignment:**

* Assess the role of nutrients and food in the prevention of disease.
* Assess the role of nutrients and food in the optimization of health.

**Course outcomes assessed in this Assignment:**

**NS499-1:** Explain the role of nutrients and food in the prevention of disease and optimization of human health.

**Instructions**

* This assignment will be the first step for your Capstone Project. Think about an area of nutrition that you are interested in studying and focusing on for your Capstone Project. All of the other Assignments in this course will build upon this first one.
* Write a descriptive essay that includes the following:
	+ Describe the main health issues of your population or community.
	+ Of the health issues you describe, choose one to be the focus of your Capstone Project.
	+ Using the health issue that is the focus of your Capstone Project, explain the role of nutrients and food in the prevention of disease and the optimization of health.

**Requirements**

* Descriptive essay should be written in paragraph format.
* The paper you submit must be your own work.
* The viewpoint and purpose of this Assignment should be clearly established and sustained.
* Assignment should follow the conventions of Standard American English (correct grammar, punctuation, etc.).
* Your writing should be well ordered, logical, and unified, as well as original and insightful.
* Your work should display superior content, organization, style, and mechanics.
* Include a title page and reference page.
* Follow APA style format, including Times New Roman 12 point font and double spacing. The minimum page requirement is 2 pages not including the title page and reference page.
* Include at least 2 references. References may include resources from the Library or additional internet sources. All internet sources must be original articles or government resources. Wikipedia is an example of a resource that is not acceptable. Use APA style for all in-text citations and the reference page.

For additional support utilize the Academic Success Center: Writing Center and review the Writing Center Resources in Course Documents.

**Submitting Your Work**

For directions on how to submit your work and review your graded Assignments, refer to the Dropbox Guide found on the Academic Tools tab. Make sure that you save a copy of your submitted work.

The grading rubric for this Assignment is located in Course Resources.