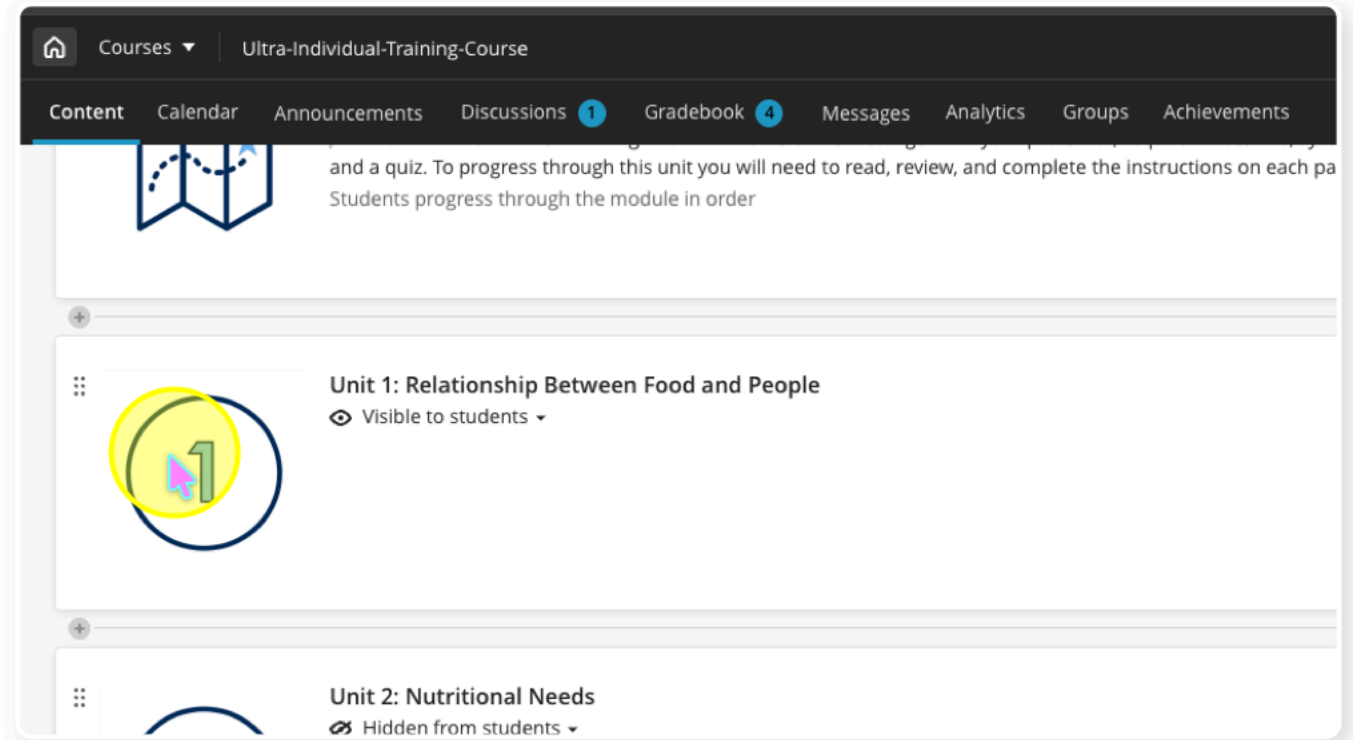
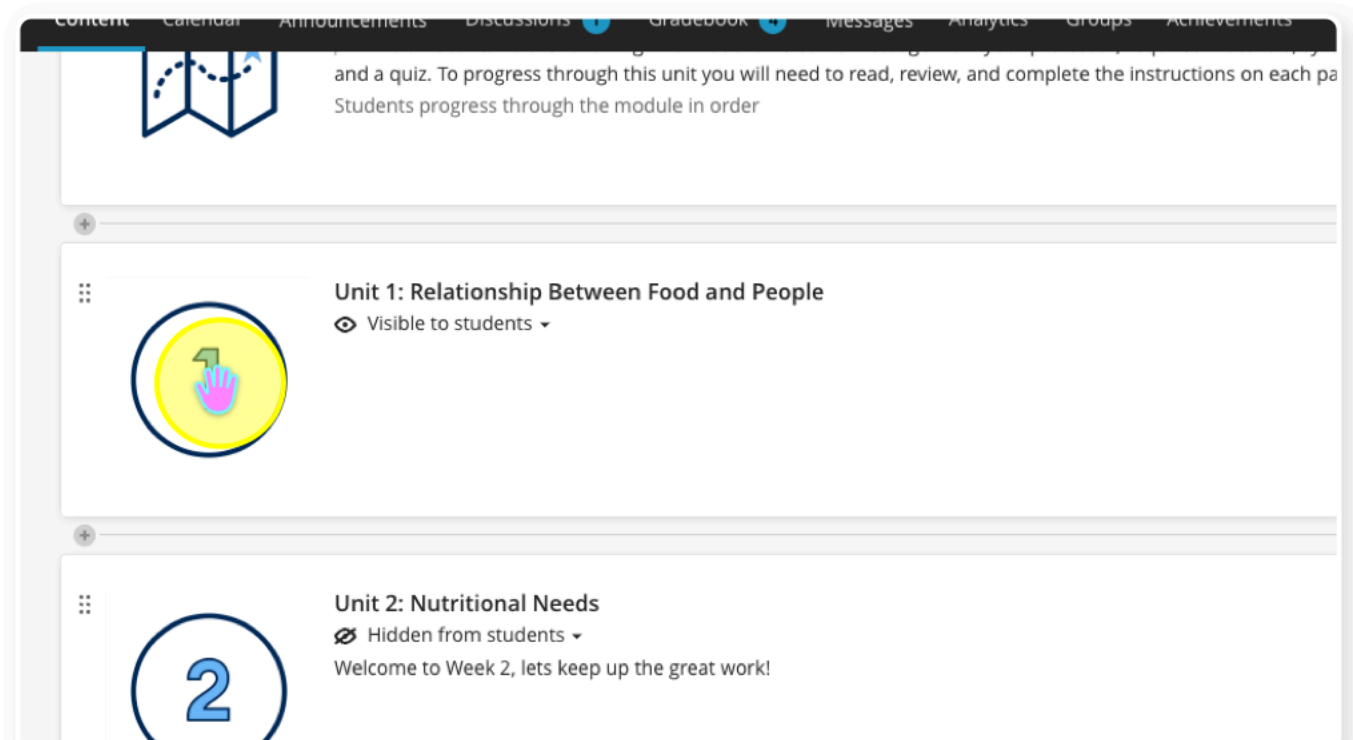


Building an Assignment and Manually Adding the Question

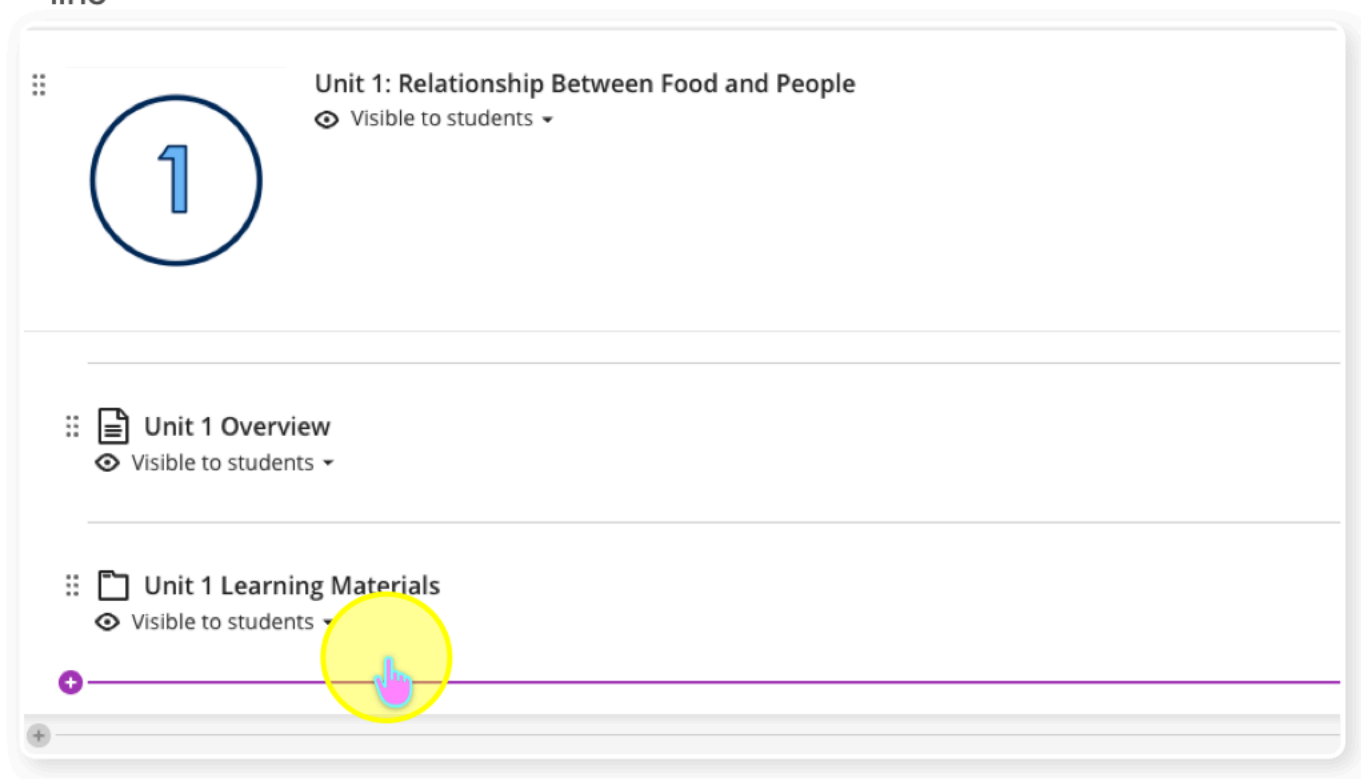
- 1 Locate the module where you want to place your assignment.



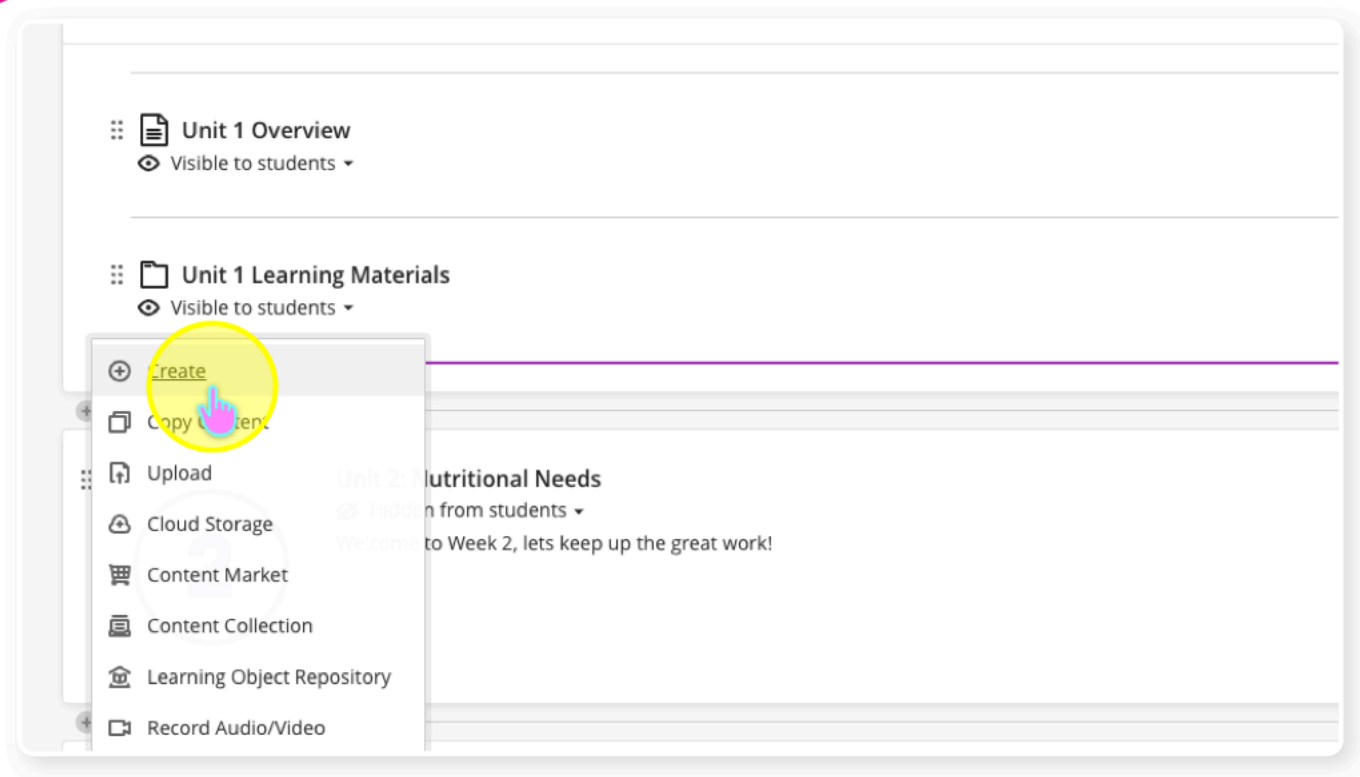
- 2 Open the module by clicking on the picture.



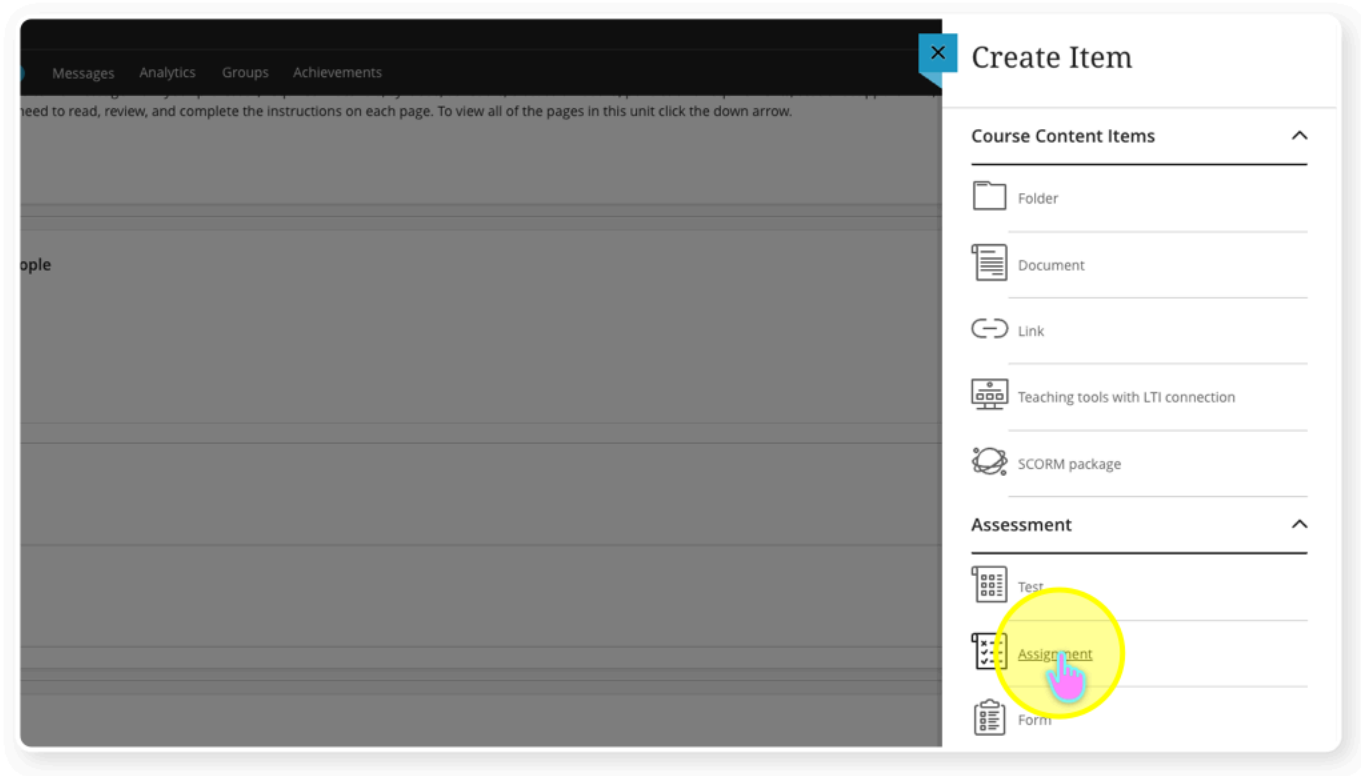
- 3 Hover underneath the Unit Learning Materials Folder and click on the purple line



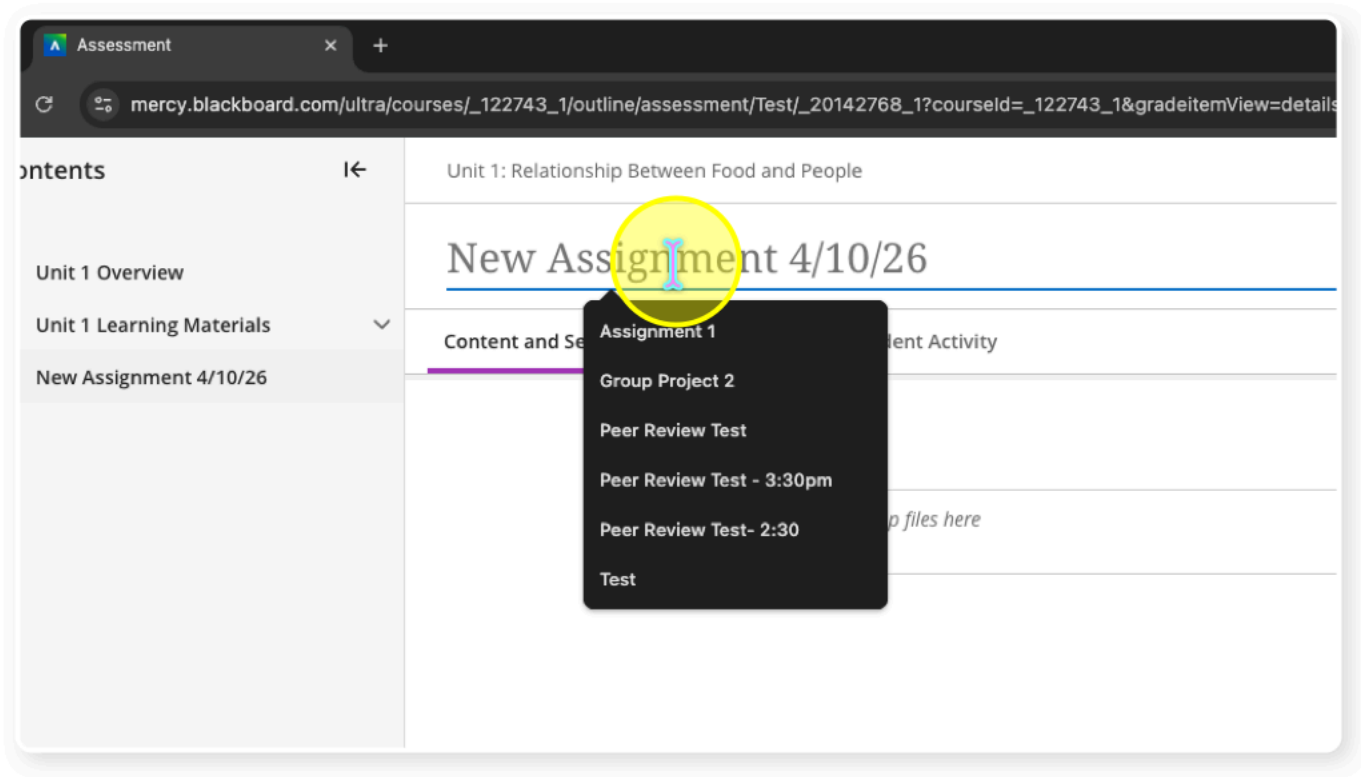
- 4 Click on "Create"



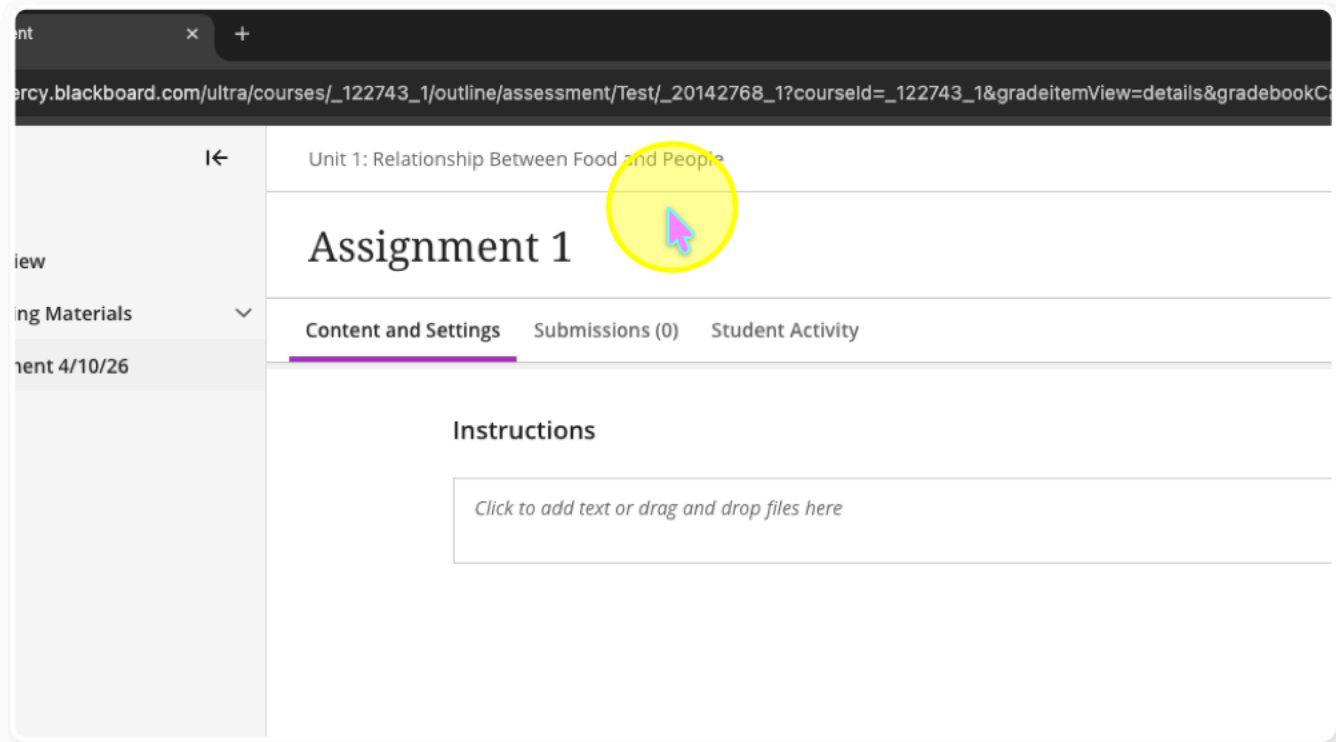
5 Click on "Assignment" on the right hand panel.



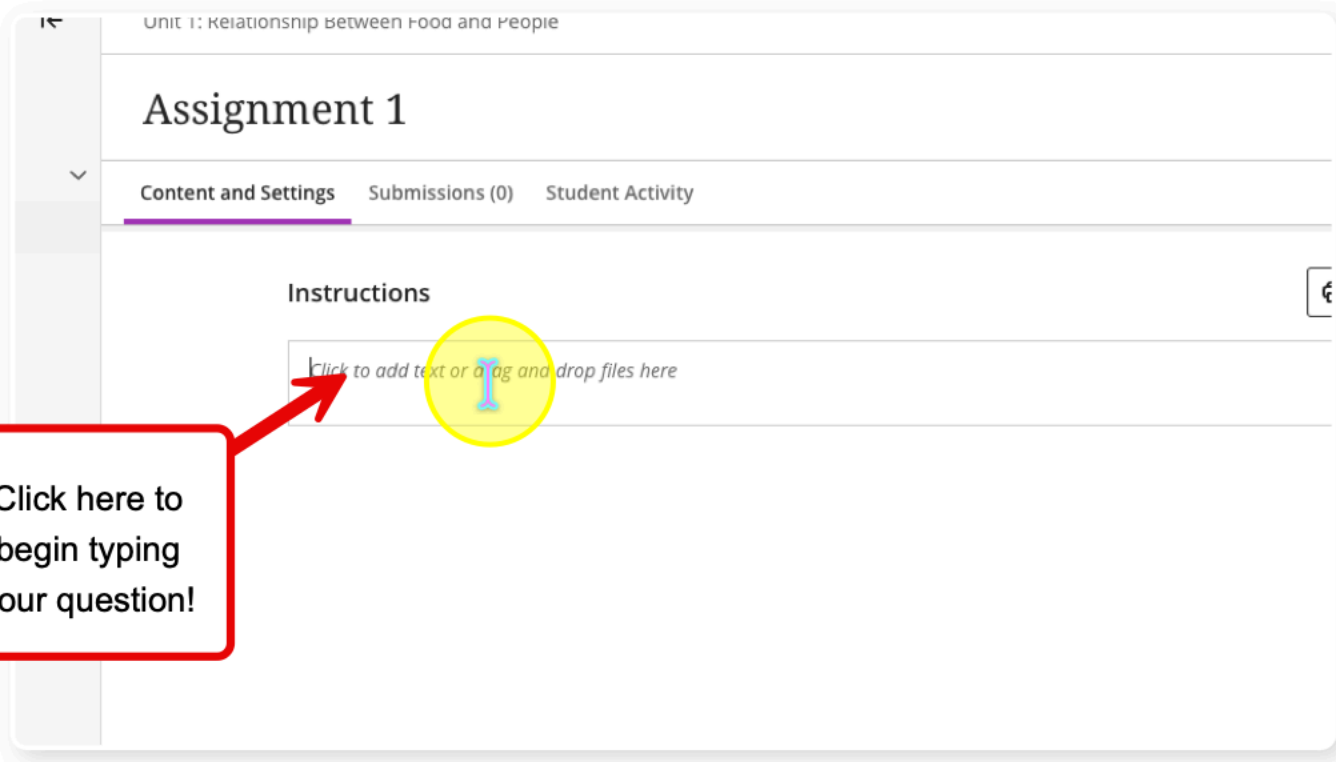
6 Click on "New " and title your assignment



7 Click on any white space to save your change.



8 Click in the box under “Instructions”



9 Type your question in.

Instructions

 Print



































Explore the complex relationship between nutrition and mental health. Write an essay discussing the potential impact of different nutrients on mental well-being. Consider the role of specific vitamins, minerals, and macronutrients in maintaining cognitive function and emotional balance. Include a reference list of reputable sources to support your claims. In addition, create an infographic summarizing key findings from your research. The infographic should use visual elements to effectively communicate important concepts and recommendations. Your submission should demonstrate your ability to analyze and evaluate scientific evidence on nutrition and mental health due. Sunday 11:59pm.



Press FN + Option + F10 to access toolbar options

Cancel

Save

10 Click on "Save" when done.

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