



Syllabus

Nutrition 1

This course introduces you to the basics of nutrition and digestion, vitamins, minerals, diets, and your choices as a consumer. During this course you will gain a new sense of responsibility for your own health and a greater understanding of how and why what you eat affects your health. And you will feel confident to counsel friends and family on their best food choices for optimum health. This course is based on 12 lesson quizzes and a final exam. It is a Mandatory Foundation course for all Diploma Programs.

1. Nutrition and Nutrients Defined
2. Water
3. Protein
4. Carbohydrates
5. Fats
6. Vitamins
7. Minerals
8. Digestion & Pathways
9. Food Defined: What to Eat
10. Nutrition for Life Stages
11. Structured Diets
12. Politics of Food: An Introduction

Credits: 39 classroom hours