

Nutrition I - 180

LESSON 1 - Eating Behavior and the Food Guide Pyramid

Topics: The participant will develop a working understanding of why people choose food. They will be introduced to protein and carbohydrate and their functions and impact on health. They will be familiar with the Food Guide Pyramid.

LESSON 2 – Personal Food Record and the Introduction to Nutrition

Topics: The participant will recognize the amounts of calories, fat, cholesterol and sodium in their diet. They will define the nutrients and nutrition.

LESSON 3 – Nutrients continued...

Topics: The participant will be introduced to fat, vitamins, minerals, and water and their functions. They will begin an assignment designed to make them aware of their personal food intake. They will list three food sources rich in calcium, phosphorus and iron. They will identify five food items high in sodium. They will list four ways to reduce sodium in a diet.

LESSON 4 - Labeling, Weight Management

Topics: The participant will be able to apply their knowledge of food labeling to make wise food choices. They will be able to apply their nutrition and exercise knowledge to select safe weight control programs.

LESSON 5 - Nutrition Integrity and Fast Food

Topics: The participant will learn to apply nutrition knowledge and meal planning skills necessary to create a healthier lifestyle and school meals.