

NUTRITION

HU-1001

Course Description:

This course is designed for students who want to become more knowledgeable about the food choices available to them and how these choices can affect their health. Students in this course will analyze their diet, study the role of nutrients and learn how to select and prepare healthy foods.

UNITS OF STUDY:

- **FOOD ILLNESS AND SAFETY**
- **KITCHEN EQUIPMENT, MEASURING, AND READING A RECIPE**
- **FOOD GROUPS AND RECOMMENDATIONS**
- **NUTRIENTS - FOODS THAT PROVIDE EACH, AND BENEFITS**
- **READING AND UNDERSTANDING NUTRITION FACTS LABELS**
- **DIET RELATED DISEASES**
- **DIET ANALYSIS**
 - **SEE THE AMOUNT OF NUTRIENTS RECOMMENDED SPECIFICALLY FOR YOU**
 - **LOOK AT YOUR CURRENT DIET AND ANALYZE**

FOR MORE INFORMATION CONTACT:

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THIS COURSE IS OPEN TO GRADES 9 - 12