 **Nutrition for Healthy Living 120** Course Outline

Welcome to Nutrition for Healthy Living 120! This course is an offered elective, so thank you for choosing to be in my class. Nutrition for Healthy Living is designed to make students aware of how to contribute to their overall wellness, make healthy food choices and maintain a balance between eating habits and physical activity. This course is excellent for those concerned with personal wellness or for students who wish to pursue a career in science and nutrition or health related fields.

Unit 1: Wellness

|  |  |
| --- | --- |
| **Topics Covered** | **Final Unit Project** |
| * Defining wellness
* Influences on health and wellness
* Promoting long-term health and wellness
 | * Personal Health and Wellness Plan
	+ Individual
 |

Unit 2: Nutrients and Their Functions

|  |  |
| --- | --- |
| **Topics Covered** | **Final Unit Project** |
| * Digestion, absorption, and metabolism
* Carbohydrates, fat, and protein
* Vitamins, minerals, and water
* Recommended nutrient intake
* Deficiency and toxicity of nutrients
* Personal diet recording and analysis
 | * Personal Diet Analysis
	+ Individual
 |

Unit 3: Health Trends and Issues

|  |  |
| --- | --- |
| **Topics Covered** | **Final Unit Project** |
| * Chronic conditions and disease prevention
* Glycemic effect
* Carbohydrate loading/sport nutrition
* Trans fatty acids
* Fad diets
* Vegetarian diets
* Holistic approach - alternative medicine
* BMI
* Eating disorders
 | * TBD
 |

Unit 4: Consumer Issues

|  |  |
| --- | --- |
| **Topics Covered** | **Final Unit Project** |
| * Advertising
* Labelling and nutrition facts/claims
* Additives
* Food technologies
* Food safety
 | * + TBD
 |

Unit 5: Post-Secondary Education and Careers Relating to Nutrition

|  |  |
| --- | --- |
| **Topics Covered** | **Final Unit Project** |
| * Careers and Education related to nutrition
 | * Career Investigation
	+ Pairs
 |

**Evaluation:**

1. Participation, Assignments & Attitude: 30%
2. Unit Projects: 70%