Nutrition for Healthy Living 120

Mrs. A. Gallant 2011-2012

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**Course Summary:**

**Nutrition for Healthy Living 120** is designed to create an awareness of preventative strategies that may contribute to overall wellness and to provide you with the tools and resources necessary to make healthy food choices and maintain a balance between eating habits and physical activity. Included in the assignments is a wellness challenge and a 3 day dietary analysis using diet analysis software- Food Focus version 3.4. Current issues relating to chronic diseases, lifestyles and food technologies will also be discussed.

This is an excellent course for those concerned with personal wellness or for students who wish to pursue a career in science and nutrition or health-related fields.

**General Curriculum Outcomes**

Upon the completion of this course, students will meet the following outcomes:

* Identify the factors that determine one’s long-term health and wellness.
* Explain the roles of nutrients in the body - digestion, absorption, transportation and metabolism.
* Identify chronic conditions and the current trends and issues related to their prevention.
* Identify consumer issues related to food.
* Identify post-secondary education programs available to those who wish to pursue a career in nutrition.

**Student Text-**

Nutrition, Food, and Fitness- The Science of Wellness, 2nd Edition, by Dorothy F. West, PhD.; The Goodheart-Wilcox Company, Inc.; ISBN- 1-56637-933-4

**Your final mark will be calculated as follows:**

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| Assignments | 30% |
| Tests | 30% |
| Diet Analysis Project and components | 10% |
| Final Assessment (2 hour exam) | 30% |