

# Foundations of Nutrition



Career & Technical Education Class [www.graniteschools.org/cte](http://www.graniteschools.org/cte)



## Course Information

Location:	Check with your Career Center Coordinator
Offered to:	11-12 grades
Class Times:	1 period
Length:	Semester
Credits:	.5

## Course Description

This course is an introduction to the science of nutrition and the relationship of food intake and health. Nutrient requirements and food selection to meet those requirements are discussed. This course will strengthen comprehension of concepts and standards outlined in Science, Technology, Engineering and Math (STEM) education.

## Topics Include:

- Food intake evaluation
- Nutrient requirements for healthy body
- Requirements for life long health and well being
- Eating behaviors
- How to become an informed consumer
- Foundation course for subsequent course work in the area of nutrition

