



Online Courses for High School Students
1-888-972-6237

Nutrition and Wellness

This one-semester elective course provides students with an overview of sound nutrition principles that are necessary for physical and mental wellness and a long, healthy life. Instructional materials include discussions of digestion, basic nutrients, weight management, sports and fitness, and life-span nutrition. The course emphasizes an understanding of today's food and eating trends and gives students the capacity to intelligently evaluate all available sources of nutrition information and make informed decisions.

Prerequisite: None

Course Length: One Semester

Required Text: None

Materials List: There are no required materials for this course

Course Outline

Course Introduction

- Course Introduction – Nutrition & Wellness
- Getting Started
- Research Paper

Wellness & Food Choices in Today's Worlds

- Wellness & Food Choices in Today's World – Introduction
- Influences in Food Habits and Consumption Trends
- Food Selection Guides & Evaluations
- Reading Food Labels
- Food born Illness & Safety of Food Supply
- Community Sources of Nutrition & Wellness

Digestion & Major Nutrients

- Digestion & Major Nutrients – Introduction
- Digestion, Absorption, and Metabolism
- Carbohydrates
- Fats
- Proteins
- Vitamins
- Minerals
- Fluids & Hydration

Body Size & Weight Management

- Body Size and Weight Management – Introduction
- Calculating & Interpreting Body Measurements
- Function & Regulation of Body Fat Levels
- Culture, Body Image, and Genetics
- Evaluating Diet Programs and Products
- Eating Disorders
- Developing a Wellness Approach to Body Size
- Exam Preparation & Exam