



Online Courses for High School Students

1-888-972-6237

Nutrition

This course takes students through a comprehensive study of nutritional principles and guidelines. Students will learn about world-wide views of nutrition, nutrient requirements, physiological processes, food labeling, healthy weight management, diet related diseases, food handling, nutrition for different populations, and more. Students will gain important knowledge and skills to aid them in attaining and maintaining a healthy and nutritious lifestyle.

Prerequisite: None

Course Length: One Semester

Required Materials: None

Nutrition Basics

- Nutrition & Health
- Diet & Digestion

Energy Nutrients

- Carbohydrates
- Protein
- Fats

Non-Energy Nutrients

- Water & Vitamins
- Minerals & Supplements

Energy Balance

- Weight Management
- Healthy Choices
- Nutrition & Fitness

Disorders and Diseases

- Eating Disorders, Allergies & Alcohol
- Nutrition Related Diseases

Consumer Nutrition

- Consumer Nutrition
- Food Preparation

Nutrition for Life

- Nutrition Across a Lifespan