

The Science of Nutrition

SCIH012057

Credits: 0.5 units / 5 hours

Course Description

In this course, students will learn what nutrition is and why it is important. This course will give students the knowledge and tools they need to make nutrition choices that will lead to a healthy lifestyle. The course focuses on the impact of nutrition on the human body, weight management, the function of nutrients and the interactions between nutrition and physical activity in maintaining a healthy lifestyle.

NOTE: This course can be used for science or health and physical fitness credit.

Graded Assessments

4 Unit Evaluations, 3 Projects, 3 Proctored Progress Tests

Course Objectives

When you have completed the materials in this course, you should be able to:

1. Describe nutrition and its role in health.
2. Discuss the six groups of nutrients, their sources, and their uses in the body.
3. Discuss the health effects of over and under consumption of different nutrient groups.
4. Summarize the digestion and effective use of the three groups of macronutrients.
5. Draw the connections between physical fitness and a healthy diet.
6. Describe the factors that affect weight management and attainment of a healthy weight.
7. Compare and contrast the nutritional needs and concerns of each life stage.
8. Identify and discuss the factors that affect the safety and security of the world's food supplies.

Course Outline

Unit 1: Introduction to Nutrition

Lesson 1: Importance on Nutrition

Lesson 2: You Are What You Eat

Unit 1 Evaluation

Progress Test 1

Unit 2: Essential Nutrients

Lesson 3: Carbohydrates

Lesson 4: Fats

Lesson 5: Proteins

Unit 2 Evaluation

Project 1

Unit 3: Micronutrients

Lesson 6: Vitamins
Lesson 7: Minerals
Lesson 8: Fluid Balance
Unit 3 Evaluation
Project 1
Progress Test 2

Unit 4: Nutrition for Life

Lesson 9: A Healthful Body Weight
Lesson 10: Nutrition and Physical Activity
Lesson 11: Nutrition for Life
Lesson 12: Food Safety
Unit 4 Evaluation
Project 3
Progress Test 3

Required Textbook and Materials

(available through Follett virtual bookstore at <http://highschool.nebraska.bkstr.com>)

Textbook: *Nutrition for Life, 4th Edition* (ISBN: 9780133853360)

The Science of Nutrition Syllabus SCIH012057 is the print version of the online course content. This print course content is optional for this course.