

# Lifetime Nutrition & Wellness

## (Home Campus Only)



Prerequisite: None

Course: 1513

Credits: 0.5

Length: 18 weeks

Placement: 9-12

## Course Description

This laboratory course teaches students to make informed choices that promote nutrition and wellness throughout the life cycle. Instruction addresses nutritional needs of individuals, menu planning, special dietary needs, food costs and budgeting, food safety and sanitation procedures, food handling, and basic food preparation procedures.

## Student Activities

This course includes body mass index calculations, height/weight measurements, and cooking labs that focus on healthy food preparation.