

Lifetime Nutrition & Wellness

(Home Campus Only)



Prerequisite: None

Course: 1513

Credits: 0.5

Length: 18 weeks

Placement: 9-12

Course Description

Are you addicted to the Food Network? Do you record every episode of *Top Chef*, but still wonder how many teaspoons are in a tablespoon?

If so, Lifetime Nutrition & Wellness is the class for you! Lifetime Nutrition and Wellness is a laboratory course that allows students to use principles of lifetime wellness and nutrition to help them make informed choices that promote wellness. Get ready to be introduced to the basics of cooking. You'll learn knife skills, how to read a recipe, plus weights & measures. You will also be introduced to the many careers available in the culinary world as well as nutrition.

Student Activities

Fun Food Labs
 Cultural Foods
 Kitchen Scavenger Hunt
 Basic Measuring & Recipe Skills

Additional Considerations

Students need fine motor skills and mobility. Students handle sharp objects.