

NUTRITION - 8500355

Grade 10 – 12, Credit .50

Prerequisite: B or higher in Biology, Careers in Medicine

Nutrition is designed for students who are interested in health and nutrition. The goal of this course is to present the basics of nutrition and explore and discuss multiple types of nutritional diets. An additional focus, new to the course is learning to make basic food items in preparation for college. Some class days will include hands-on cooking of healthy meals.