NUTRITION 101 - FACT SHEET

TOPIC: Nutrition 101: A Taste of Food and Fitness

GOAL: To provide a basic overview of nutrition by incorporating a variety of learning activities to engage participants on a personal level.

OUTCOME: Participants will complete learning activities designed to increase their knowledge and experience with nutrition topics to include:

- Nutrition is Important to You!
- Tools for Guiding Food Choices
- The Energy Nutrients
- Vital Vitamins and Mighty Minerals
- Choosing Foods for Health and Taste
- Nutrition Issues in the Media
- Simple Sugars in Simple Terms
- Diet Decisions
- Focus on Fats
- Vegetarian Diets

This course has been adapted from the course offering of the same title developed by the National Food Service Management Institute.