

## LEVEL 11 NUTRITION 1-6

### **Nutrition Science**

Includes topics on:

Developing Good Daily Habits

Importance of a Balanced Diet

Seven Major Nutrients Found in Food

Planning Your Eating

The importance of drinking plenty of water

Good and bad fats

Best ways to include fiber in your diet

Whole Grains

Starches – complex carbohydrates

Sweets – simple carbohydrates

Animal and Vegetable proteins

Principles of combining proteins

Ways to prepare beans

Vitamin deficiency diseases

Fat-soluble and water-soluble vitamins

Mineral – macro minerals and trace minerals

Using vitamin knowledge in your daily habits

Variety Vegetables

Favourite Fruits

Lifetime weight control