

Neshaminy High School
Department of Family & Consumer Science

HONORS NUTRITION AND DIETETICS: *Fitness for Life*

2017-2018 expected Course Outline

Mrs. Macauley

- **Wellness, Fitness, Healthful Life-style**
- **“Super Foods”**
 - Antioxidants and Phytonutrients
- **Why is America Fat?**
 - Cultural Influences
 - Food Industry, Media Influence
 - Environmental Factors
 - The Role of the Government
- **Nutrition and Disease**
 - Obesity
 - The “Big Five”
 - Prevention and Cure through Diet
 - Nutrient Deficiencies
 - Food Safety and Health
- **Nutrition and Longevity**
 - Blue Zones
- **The Digestive Process**
 - Calories, Energy, and Metabolism
 - From food to Nutrients
 - The Digestive System
- **USDA’s Food Guidance System: MyPlate**
 - Dietary Guidelines
 - Food Groups
 - Food Labels
 - “No Food Label Challenge”
- **Macro Nutrients: Carbohydrates, Protein, Fat**
- **Fiber**
- **Micro Nutrients: Vitamins, Minerals**
- **Water**
- **Sports Nutrition and Fitness**
 - High Performance Nutritional Needs
 - Training, Competition, Recovery
 - Sports Drinks & Sports Bars
 - Supplements (Protein, Steroids, Vitamins)
- **Eating Nutrient Dense**
 - Breakfast
 - Healthful Snacking
 - “Slow Food”
- **The Future of Food**
 - Technology & Genetic Engineering
 - Eating Green: Organic Foods
- **Diet Analysis: A Plan for Healthful Living & Longevity**