

### 300 FAMILY AND CONSUMER SCIENCE

<u>Grade</u>	<u>Course</u>	<u>Title</u>	<u>Credit</u>
10 , 11 , 12	343	Nutrition and Wellness	1/2

#### **343 NUTRITION AND WELLNESS**

(1 semester)

Prerequisites: None

1/2 credit

10,11,12

The Food, Nutrition and Fitness course is designed to orient the student to a lifetime of eating and exercising healthfully. This course includes a more in depth studying of the following: 1) total conditioning: flexibility, cardiovascular and strength training. 2) nutrients, calories, the basic diet, weight control and pre-competition meals.