

Coursework Information

Welcome to our eight-week curriculum course! We are looking forward to having you and are happy that you're taking the next step to make sure that you are developing the habits for a healthier lifestyle. Below, you will find a brief overview of the topics we will be discussing. Each module will be discussed per week.

Email (for any questions): nutrientswithoutlimits@gmail.com

Module 1: Foundations and Basic Introduction of Nutrition

- Introduction to the summer session hosts
- Why nutrition is an important subject to learn about
 - Explore basic diet-related diseases
- Basic introduction to the USDA food plate and the topic of nutrition

Module 2: Food Groups and Their Benefits

- Exploring the five food groups: fruits, vegetables, grains, protein foods, and dairy.
 - In-depth USDA food plate.
- Learning about the nutritional benefits of each food group.
- Interactive activities to identify foods from each group and their importance in a balanced diet.

- Macronutrients. Basic overview of macronutrients (carbohydrates, proteins, fats) and their functions.

Module 3: Portion Control and Balanced Meals

- Understanding appropriate portion sizes for different age groups.
- Tips for creating balanced meals that include foods from all food groups.
- Practice exercises to visualize and plan balanced meals.

Module 4: Understanding Food Labels

- How to read and understand nutrition labels on packaged foods.
- Identifying key nutrients to look for and ingredients to avoid.
- Interactive label reading exercises to make informed food choices.

Module 5: Physical Activity and its Importance

- Strategies for making time for getting outside and active
- How physical activity is linked with healthy diet and decreased risk for chronic health conditions

Module 6: Hydration with Sleep and Its Importance

- Understanding the importance of staying hydrated for overall health.
- Discussion on sugary drinks and their impact on health.

- Tips and challenges to increase water intake and develop healthy hydration habits.

Module 7: Cooking Skills & Meal Preparation & Recap

- Simple, healthy recipes that children can help prepare.
- Encouragement to enjoy cooking and sharing meals with family and friends.
- Interactive activities to look at ingredients of each meal and determine if it is healthy or not

Module 8: Review, Fun Exam, and Celebration

- Recap of key concepts learned throughout the modules.
- Q&A session to address any remaining questions (or to discuss personalized needs)
- Take the final project (see below)
- Celebration of achievements and completion of the program with certificates

Final exam: Analyze a kids' nutrition, complete the USDA food plate, answer basic questions from each module.