

**NUTRITION AND WELLNESS****10, 11, 12**

Prerequisite – None

6411 – 1/2 unit

Enrollment Based

Nutrition and Wellness is for students interested in health and wellness as a lifestyle. Students will learn about healthy foods and gain valuable information for making wise personal choices. Topics include food choices, nutrition, exercise and fitness, sustainability, and food trends.

Maximum course cost is \$20.00.