

Nutrition

Ages: 12 – 18

Time: 9:00 AM to 10:00 AM

Prerequisites: None. Students must have good study habits.

Teacher: Liesl Hake

Over the course of the year, as a class we will take a look at:

- The Microbiology of Nutrition: what our cells need and why
 - o Carbohydrate
 - o Lipid
 - o Protein
 - o Vitamins and Minerals, etc.
- The major categories of food
 - o Grains
 - o Fruits
 - o Vegetables
 - o Nuts and Legumes
 - o Meats, etc.
- Nutrition in relationship to disease
 - o Cardiovascular diseases, cancer, etc.
- The process of bringing our food from farm to fork. What are the pros of “eating organic” or avoiding “GMO”s
- Various diets argued and adopted today as well as historically and in certain other cultures
- Nutrition’s relationship to exercise.

Expectations for homework will include regular reading and memorization with 2-3 extra projects throughout the year.

In class, there will be regular quizzes, interactive lectures sometimes involving food, 2-3 in-class labs, and class presentations.

Extras:

- Individual projects researching the health qualities of a certain food item and presenting it to the class, and bringing a sample to share as part of the presentation
- Class final project: plan, cook, and eat a meal together at the end of the year using the knowledge we’ve gained over the year
- Potential field trip to a farm to develop awareness of the process by which food gets from the farm to the fork. This trip may or may not be tied in to our final project.

Estimated homework time: average of 3-4 hours/week (but varies a lot from student to student)

Tuition for the year: \$285.00

Materials Fee: \$18.00

Labs/Final Project Fee: \$15.00

Required Purchases: *TBD*

I will inform parents of required texts over the summer.

Class Size: Minimum 8. Maximum 25. First come, first serve registration.