

This class will combine nutrition, health, and culinary topics to teach students skills that they can use right away and continue using in their adult life. Topics will include views on the makeup of a healthy diet, current research on food science, cooking and menu planning techniques, healthy eating on a budget, and other health topics. Although the class will focus on the nutrition aspect of feeling great, some sessions will also touch on mental, spiritual, and social health, as they are an important part of balanced wellness.

May be taken as a one-semester class or combined with Wellness for Life.

#### Homework expectations:

Homework activities will be assigned that can take 1-5 hours to complete outside of class. The general expectation will be approximately 1-2 hours, but students looking for a full credit will have an additional 2-3 hours of optional enrichment activities to complete for a full semester credit.