

Introduction to Nutrition



CONGREGATED DUAL CREDIT PROGRAM:

Secondary school students will attend this class made up of only dual credit students and taught by a college instructor. This course will count as a major credit for Hospitality and Tourism SHSM sector students.

CAMPUS: Virtual

SEATS: 20 students from surrounding high schools will participate

DURATION: November 15, 2021 – February 2nd, 2022

DELIVERY METHOD: Alternative Delivery (virtual with a scheduled class time)

CREDIT EARNED:

- 1 SECONDARY SCHOOL MINISTRY DUAL CREDIT – CODE: **HFB 4T**
- 1 COLLEGE CREDIT – CODE: **GENE 36**

COURSE DESCRIPTION:

GENE 36 Introduction to Nutrition (42 hours)

This course enhances your knowledge and appreciation of the importance of nutrition to health and wellbeing and the connection between excess and deficient nutrient intake and ill health. Topics include the Canada Food Guide, the basic nutrients, the processes of digestion/absorption, nutrition related diseases, weight management, and food labels and nutrition information reliability. Students analyze their personal dietary intake and activity level and subsequently plan meal patterns that are conducive to personal health and weight management.

SCHEDULE:

DAY	CLASS START TIME	CLASS END TIME	ROOM	INSTRUCTOR	INSTRUCTOR E-MAIL
Mondays	9:30am	12:30pm	Virtual	Joanne Annabelle	jannabelle@sl.on.ca

SLC ORIENTATION DATE: TBD

FOR MORE INFORMATION:

Website: stlawrencecollege.ca/dualcredit

Email us at: DualCredit@sl.on.ca

IN PARTNERSHIP WITH:



SCWI/PASS / St. Lawrence College / Algonquin Lakeshore Catholic District School Board / Catholic District School Board of Eastern Ontario / Limestone District School Board / Upper Canada District School Board