

NFSC 465- Community Nutrition  
Community Nutrition Internship  
Spring 2009

Outline of Topics:

*12 week program...*

- Survey + Introductions + Macro and Micro Nutrients
- Health and Common Diseases + Relationship with the Diet
- Fruits and Vegetables + Fiber
- Meats and Legumes + Dairy and Ca++
- Importance of Snacking/ Moderation + Adding Spices
- Reading labels + Planning Ahead + Healthy way to Shop at Grocery Store
- Infant and Children Nutrition
- Adult and Elderly Nutrition
- Exercise and Hydration
- *Map out your personal nutrition plan: 1 on 1; 10 minutes a person*
  - Handout: goals and objectives
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  - Handout: goals and objectives
- Last Session: End Survey + Final questions