

## Sample Guide and Delivery Schedule/Curriculum Plan – Nutrition for Healthy Eating

Resources/Materials needed per session – handouts for topics to be covered at each session. Worksheets. Access to Internet.

Please refer to tutor notes in the introductory section for additional teaching methodologies to help learner engage with content.

Session	Content	SLO	Reference section in Manual	Accumulated hours
Session 1.	Course introductions. Overview of course content. Registration Housekeeping Learning to learn Learning styles Vocabulary All about Food Choices Importance of Food Protein - The Body Builders.	2	Section 1	2.5
Session 2	Fats and oils - The Storage Foods Carbohydrates – The Fuel Foods	7	Section 1 in the manual	5.00
Session 3	Vitamins- Vitality for Life Minerals – The Trace Elements Water – The Source of Life			7.5
Session 4	Balance Diet – Variety is the Spice of Life. Impact of Food Processes on Nutritional Value			10

Session 5	Food Labelling		Section 1 in the manual	12.5
Session 6	Vocabulary The Digestive System Vocabulary Diet and Cardiovascular Disease Obesity	3  4 & 6	Section 2 in the manual	15
Session 7	Diet and Coeliac Disease Diet and Osteoporosis Diet and Bowel Disorder	4 & 6	Section 3 in the manual	17.5
Session 8	Diet and Reactions to Foods Diet and Vegetarians	4 & 6	Section 3 in the manual	20
Session 9	Contemporary Nutrition Issues for Food Production	5	Section 3 in the manual	22.5
Session 10	Contemporary Nutrition Issues for Food Production	5	Section 1 in the manual	25
Session 11	Legislation	1	Section 4 in the manual	27.5
Session 12	Legislation	1	Section 4 in the manual	30
Session 13	Meal planning and skill demo	8	Section 5 in the manual	32.5
Session 14	Meal planning and skill demo	9	Section 5 in the manual	35.0