

**Course:** Health and Nutrition

**Instructor:** Dawn Shadow

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**Location:** FBC Fannin, 101 Church Rd. Brandon, MS 39047

**Course Dates:** Tuesdays 2:00 – 3:00 pm

August 6 – November 19, 2019 and January 7 – April 28, 2020 (Spring Break March 10, 2020)

**Course Description:** Health and Nutrition is an in-depth look at how we eat, what we eat, how the major human body systems work, and how those foods affect the body. Students will gain knowledge of nutrients, the importance of exercise and proper diet, and how food intake can affect our emotional and spiritual well-being. Research, recipes, and projects will make the class interactive and fun.

We will also touch on the senses, genetics, personal temperaments and gifts, and physical influences on thoughts and feelings. We will respectfully cover emotional stability and types of mental illness, as well as setting healthy boundaries. We will discuss the importance and influence of culture, socialization, families, communication skills, and conflict resolution.

The goal is help establish lifelong personal, nutritional and hygienic habits and a desire to eat wholesome foods that support great health – to understand the “why’s” of physical and nutritional choices so students and their families can be good stewards of their health who are able to serve God well.

3 John 2: Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.

This course will be food-allergy friendly.

**Prerequisites:** none

**Ages:** Primarily 9-12<sup>th</sup> grades, but mature 8<sup>th</sup> graders will be welcome.

**Curriculum:** Nutrition 101: Choose Life by Debra Raybern, N.D. and Health and Nutrition by Dr. Laura Chase

**Class Fees and Payment:** The cost of the class is \$40 per month or \$320 for the year, plus a one-time \$65 supply fee which covers handouts/copies, food ingredients, and a multi-user license for the curriculum. More details on this can be found here: (<http://growinghealthyhomes.com/nutrition-101-choose-life-multi-user-license/>) and after registration we will discuss your preference for the options available.

Please see the registration packet for payment options and details.

**Materials Needed:** Requires home internet access to view/complete assignments on either Canvas or Blackboard (TBD). A variety of print/online materials as selected by the instructor will be used. Students are greatly encouraged to take notes in class and to organize and keep papers they are given to help study.

**Course Evaluation:** Students will be expected to be attentive and to participate in classroom discussion. Completion grades will be given for homework assignments. Students will take quizzes (some in class but more often online) as well as both midterm and final exams on previously covered material. Please hold your student accountable for completing homework assignments and projects.

**Classroom Behavior:** As this class will be interactive, students will be expected to work along with the instructor and the class to learn what is being discussed. Students are expected to show respect for the teacher and other students. Cell phones should be silenced and put away during class time. Students may bring a water bottle to class, and are strongly encouraged but not required to taste test the recipes presented if there are no allergens preventing them from doing so.

**Registration:** For information on how to register, please go to [www.reache.org](http://www.reache.org) and click on Academic Classes.