

Learning

- about **Nutrition** and Wellness, which is a course that develops **skills** related to proper nutrition and the concept of overall **wellness**.
- It includes instruction in **nutrition**, **exercise** and **diet**, **healthy** food choices, meal **preparation**, and components for a **healthy lifestyle**. (Grades 9–12, 1 Semester, 0.5 Carnegie Unit)



Nutrition And Diet Logic Wellness Foulsham Know How

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