

REAL LIFE ACADEMY

NUTRITION

Instructor: Mary Morgan, MS, RDN, CSG, LD
Class Syllabus

MAY

Week 1: Introduction

Sodium – How it effects our health

Use of Herbs & Spices to season our foods

Download free app “FoodKeeper” to help you find out if it’s time to toss those foods out.

Week 2: Podcast - Weight and use of BMI

Week 3: Podcast: Portion Control – How we can use for a healthier lifestyle

Week 4: Podcast: Sustainable Diet – Have you ever thought how our current diet is harming the environment?

JUNE

Week 5: How to prepare healthier meals – We will meet in the kitchen area for a “hands-on” experience.

Week 6: Podcast: Learn about the 13 Cancers linked to Overweight and Obesity

Week 7: Podcast: Tips for Managing Weight During Menopause

Week 8: Podcast: Gut Health – What are the benefits of Prebiotics & Probiotics?

JULY

Week 9: Grocery Shopping Tour – Meet at local grocery store to walk through aisles & learn how to read food labels to make healthier food choices. More details to follow in class.

Week 10: Podcast: Importance of Food Safety

Week 11: Podcast: Let’s Talk About Healthy Eating: Flexitarian & DASH Diets

Week 12: Podcast: Let’s Talk About Healthy Eating: Mediterranean & TLC Diets