



TAILORED COURSES

NUTRITION

120 HOURS

"We are what we eat. We can not say truer because each food we eat is used to build our cells, replace worn or damaged elements, as well as to synthesize various molecules that our body needs to function.

This course will allow you to know and understand the role of food and nutrients in the human body as well as their impact on health. It will enable you to adopt healthy eating habits and make better choices at all stages of life.

Nutrition

- Introduction to nutrition
- Energy requirements
- Carbohydrates
- Fats
- Proteins
- Vitamins and minerals
- Food... Source of life
- Nutrition and life stages
- Nutrition and environment
- Dietary approaches

900,00\$