INTRODUCTION TO NUTRITION ARTICULATION

Pierce County Careers Connection
Dual Credit Articulation Agreement

Upon completion of a full year of high school or equivalent to the following competencies:

☐	Identify macro and micro nutrients and their role in human growth, health, and wellness.
☐	Explore the role of nutrition in disease prevention and the risks of nutrition related prevalent diseases such as obesity, diabetes, and cardiovascular disease.
☐	Describe the anatomy of the gastrointestinal tract in relation to digestion, absorption, and metabolism of nutrients.
☐	Describe energy balance, physical exercise, metabolism and dietary planning and how they relate to optimal health.
☐	Describe various cultures and their food choices around the worldand how those food choices may affect health.
☐	Develop a healthy dietary plan with simple lifestyle changes they can make to improve their health status.

A student earning a "C" grade or better may earn college credit at the following college:

College	Course	Credits
Clover Park Technical College	NUTR&101	5