## Nutrition – Facts & Myths
### Course Outline

**Description:**
This course covers in more detail: diets, obesity, advertising, packed lunches, trans-fats and modified foods and drinks. No tests. (3 hours per week).

<table>
<thead>
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<th>Week</th>
<th>Content</th>
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| 1    | The importance of BREAKFAST  
Packed lunches/snacks |
| 2    | A closer look at DIETS – the CAVEMAN diet wins?  
Eating well on a BUDGET |
| 3    | NUTRITIONAL MYTHS  
FALSE (Food) ADVERTISING  
READING (Food) LABELS (Practical – bring your own magnifying glass!) |
| 4    | The “Trillion-dollar” disease – OBESITY  
(The roles of leptin and the ob-gene) |
| 5    | The effects of fructose, “energy” drinks, caffeine and “No-think” foods |
| 6    | Nutritional support for STRESS, INSOMNIA, FATIGUE, DEPRESSION, LETHARGY |
| 7    | GOOD FATS/BAD FATS  
The “good oil” on TRANS FATS |
| 8    | “UNUSUAL” FOODS and DRINKS  
(Nori, Tofu, Quinoa, Chia, Tulsi tea etc) |