**Nutrition 101 with Anatomy**

(Grades 6 - 8)

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**Description:** An in depth look at how we eat, what we eat, how the body works, the anatomy of the body, and how foods positively and negatively affect the different parts of the body. This class will establish lifelong habits and desires to eat wholesome foods and support great health. This class is taught from a biblical perspective.

Unit 1 - The Brain and Nervous System

Unit 2 - The Digestive System

Unit 3 - The Respiratory, Olfactory, Auditory and Visual System

Unit 4 - The Muscular and Skeletal System

Unit 5 - The Cardiovascular System

Unit 6 - The Endocrine System & Emotions

The Hands on activities may include, but are not limited to dissections, recipes, charting projects, diagrams and classroom experiments.

**Class materials:**

Textbook: *Nutrician 101: Choose Life* by: Debra Raybern N.D.

Class Notebook

Pens, pencils, colored pancils

**Class Fees:** Due to the nature of this class there will be one time $60 class fee to pay for classroom supplies.