

# Nutrition PowerPoint

## Summary

This is a PowerPoint presentation used as an introduction to Nutrition for Foods 1. It covers what nutrition is; what nutrients do; the number of calories associated with proteins, carbohydrates and fats; and the dietary guidelines. It is a good way of presenting materials that students can take notes on or to use for introducing the topic. See the instructional tab to find the PowerPoint presentation.

## Main Core Tie

Food And Nutrition

[Strand 6 Standard 1](#)

## Authors

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