

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 I

[Strand 6 Standard 1](#)

Authors

[Utah LessonPlans](#)