

NUTRITION		
TOPIC	DATE	TIME
introduction to nutrition	Saturday, July 19, 2025	12-1 PM
Energy and classification of food	Saturday, July 19, 2025	3-4 PM
carbohydrates	Monday, July 21, 2025	3-4 PM
protein	Tuesday, July 22, 2025	3-4 PM
fat	Wednesday, July 23, 2025	3-4 PM
vitamins	Thursday, July 24, 2025	3-4 PM
minerals and preservation of food	Monday, July 28, 2025	3-4 PM