Mission Nutrition
Introductions & Welcome
Housekeeping Rules

- Emergency exits/phones
- Restrooms
- Break room
- Galley
- Lunch options
Course Etiquette

• Be polite to person speaking
  ➢ No side conversations

• One question at a time per person
  ➢ Raise your hand to speak

• Police your area before leaving

• Return from breaks on time

• Confidential classroom
Introductions

- What is your name?
- What’s the most “unique” thing that you’ve ever eaten, knowingly?
- What information would you like to learn today?

Activity- Take a few moments to complete Appendix A in the back of your workbook
Why Is This Course Important?

- Nutrition is preventive medicine
- There are more overweight active duty members than ever before
- Consumers are becoming more aware of nutrition and the benefits of food
- There is a lot of inaccurate information available to consumers
Course Purpose

- Give guidance on basic nutrition
- Provide reputable sources of information to enable you to devise a nutrition plan

- Review: Appendix C - Resources
How to Learn More After This Course

• Speak with a Registered Dietitian

• Attend College/University classes

• Attend reputable organization’s nutrition workshops

• Read nutrition textbooks, training manuals and newsletters from reputable organizations

• Practice
  ➢ Shopping
  ➢ Reading labels
  ➢ Cooking