



# ***Mission Nutrition Introductions & Welcome***



UNCLASSIFIED



# ***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***

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- **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**