

## **Sacramento Police Department After-Academy Training Course**

### **Course Title: Nutrition –Labels, Choices, Behavior & Metabolism for New Officers**

**Course Description:** To provide the academy graduate an overview of Food Labels, Proper Eating Behaviors, Human Metabolism and Proper Food Choices

**Course Objectives:**

- Overview of Food labels – how to read them and use them to make better food choices
- Overview of Eating Behavior – elements that drive human behavior as it relates to proper nutrition
- Overview of Human Metabolism – how is metabolism determined, how to utilize metabolic calculations to control calorie intake levels and manage weight
- Overview of Food Choices – discuss the five key principles of good healthy meal planning, how to make better food choices and improving key nutrient intake
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**Representative Method of Evaluation:**

- Class participation