

# Nutrition for Everyday Living

Everyday nutrition can be a challenge without the proper knowledge and skills to maintain a healthy diet. This course examines the factors involved in food choices and healthy eating. You will gain knowledge and practical skills that enable you to make healthy food choices and maintain sound eating habits. Disease prevention and other current nutritional issues will be discussed.

Objectives:

- ✧ Recognize and explain the factors involved in food choices and dietary habits
  
- ✧ Describe the relationship between diet, health and disease
  
- ✧ Recognize and learn to apply effective diet choices necessary for an active lifestyle

**Who Should Attend?**

All Employees



**When?**

Thursday,  
June 2, 2005  
8:45 a.m. – 4:00 p.m.

**Where?**

Management Institute & Employee Development Center  
333 South State Street  
5<sup>th</sup> Floor, Suite 520

**Coordinator: Brenetta Stephenson**

**Phone: 312-747-7277**

**Fax: 312-747-0405**

**TTY: 312-744-2563**

