



**2. Analyze factors that influence an individual's nutritional behaviors and choices.**

**Learning Objectives**

Differentiate between eating to satisfy appetite or hunger.

Identify factors that influence what and how we eat (culture, lifestyle, family, peers, work, health, taste, time,

**9. Demonstrate awareness of issues related to energy balance.**

**Learning Objectives**

Describe how the body uses energy.

Examine theories related to energy balance, such as obesity and eating disorders.

Describe recommendations for weight management.

**10. Apply concepts of behavior change to enhance nutrition and personal wellness.**

**Learning Objectives**

Identify a personal nutrition behavior to change or improve.

Identify components of successful behavior change.

Write a behavior change plan to change or improve a nutrition behavior to enhance health.

**11. Evaluate scientific information about the impact science has on personal, community and world nutrition.**

**Learning Objectives**

Demonstrate an awareness of current nutrition issues.

Research and review scientific information on select nutrition related issues.

Ask questions about the evidence presented about the impact of science on nutrition.

Make informed judgements about science related topics.

**SCC Accessibility Statement**

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