Human Health - Diet and Nutrition

Apply now before the course is full!

Make the right food choices for a healthier lifestyle with this free online diet and nutrition course.

This free online course on diet and nutrition gives tips on how to stay healthy in today's fast paced world. Learning the daily recommended dietary intake for carbohydrates, fats, protein, and minerals can help help you make wise choices when it comes to maintainig a healthy body. The course includes how a balanced diet can lead to greater levels of energy and feelings of health in your everyday lifes.

* Duration

3 Hours

* Certification

Yes

* Mobile Friendly

Yes

* How to apply

Fill in the online form on the websiet