

**Learning Outcomes:**

**1. Demonstrate knowledge of human nutritional needs and the role of nutrition in improving individual health and the societal economic impact of food choices.**

Nutrition is an important aspect to the health of humans, as well as, many other species on the planet. I think that an individual's everyday food choices can affect them in both positive and negative ways. Eating in a more healthier manner can cause an individual to have positive effects, such as; more energy, feeling happy, being active, etc. While unhealthy foods can cause an individual to feel crappy, to adopt multiple health problems, etc. Although, I'm not saying choose one or the other, I think it's a good idea to find a balance between the two because that's the realistic option. It's also extremely important to have enough of certain nutrients for the body. Not having enough nutrients or having too much nutrients can cause more harm, that being said, it's important to make sure that the body is getting the correct amount of nutrients needed.

**2. Relate technological advancements in medicine and food production to the advancement of the science of human nutrition.**

From watching the film Vegucated, it has explained how animal production is changing drastically. Animal production has increased so much that regular farmers find it extremely hard to compete with big animal production companies, which can cause them to run out of business. Back in the day, the demand on animal products weren't as high as it has become today. These big companies produce these products at a fast rate to meet the demand. However, there are many vegan alternatives that are competing against animal products. It has shown that there is an increase of interest in vegan and vegetarian alternatives, causing the companies to take a loss.

**3. Explain the impact that the food industry has on human food choices and the subsequent relationship to health and disease at the individual, societal, and environmental level.**

The food industry targets certain individuals depending what products they want to sell. It is common for food industries to hire celebrities to promote their products in advertisements, which can entice individuals to go out and buy the product. It has shown to be a successful tactic. Studies have also shown that there is a difference in social classes regarding food and nutrition intakes. For example, individuals with a lower income usually try to buy at a cheaper price. There are many unhealthy foods that are quick, easy, and cheap. Not only that, many grocery stores have these unhealthy items displayed all over the place, which is an attention getting for anyone passing by.

**4. Provide examples of past and present nutrient and diet trends in modern society and the positive and/or negative implications on human health and the earth's resources.**

There are many diet trends out in society, and there continues to be new diet trends that surface on the internet, articles, etc. A lot of these diet trends cause restrictions on different types of foods, which can cause the lack of nutrients for that specific food item. Not only that, diet trends can also promote individuals to eat more of specific foods, which can cause consuming too much of that specific nutrient. Another diet trend is counting calories. This can cause an individual to become obsessive with how much food they can eat, which can cause them to restrict themselves. The best bet on how to eat is a balanced diet, this consists of fruit, vegetables, protein, grains, and dairy.

**5. Provide examples of positive and negative interactions of humankind with microorganisms regarding sickness, health and food production.**

There are different types of microorganisms, which include bacteria, viruses, fungus and mold. However, there are microorganisms that have positive interactions with food production. It can provide healthy bacteria for the human body, they are usually found in cheese, yogurt, sour cream, etc. Keep in mind, there are microorganisms that have a negative impact on humankind, those consist of molds and fungus. Bad microorganisms can cause difficult digestion in the human body.

**6. Address diet and nutrient issues and concerns for weight control, disease prevention, physical activity, food availability, and biotechnology.**

A big issue that America is facing today is the lack of weight control, obesity is continuing to rise. Not only that, children at a very young age is now starting to become obese. The lack of control of eating unhealthy food and the lack of physical activity can lead to disease. There are many diseases that an individual can obtain from not taking care of their health. To prevent disease, really take in consideration of what is being put into the body. Eat healthy, healthy food can provide many positive benefits. Make sure that physical activity is acquired each day, physical activity can be a wide range of activities. Such as; walking, swimming, hiking, mowing the lawn, vacuuming, etc.

**Reflection:****1. Make connections between what you studied in this nutrition course with what you've learned in other courses at SLCC or before.**

A connection that I had made with this nutrition 1020 course and with psychology 1100 course, is how not getting the right amount of nutrients can affect the development of the human body. My psychology 1100 course went in depth of the human lifespan development from birth to late adulthood. For example, if a child or if a mother who is pregnant with a child is not getting enough of nutrients needed it can have harmful effects. Children with the lack of nutrients can develop diseases. Also, the reason why mothers have to give birth at a certain time is because the longer the baby stays in the womb--past it's due date--the harder the mother can provide enough nutrients for the child.

**2. Reflect on how you thought about nutrition before you took this course and how you think about it now that the course is over.**

I never gave much thought about nutrition, I knew things that were healthy and others that weren't. However, I now know that there are many aspects to keep in mind to be nutritionally healthy. I have more of an understanding of how important nutrition is for an individual's overall health. For example, too much or too little of nutrients is harmful to an individual's health, it's important to get the right amount. That being said, it's not the same for everyone, so be mindful of how much of certain nutrients is needed for your own body. Since learning an abundance of knowledge about nutrition, I will be more mindful of the food I consume, the nutrients that are necessary for my body, the amount of physical activity that is needed, and much more!