

**P40692**                    **Diet and Nutrition**

**Program:** Police  
**Subject:** Inservice

**Status:** Active                    **Hours:** 6.00  
**Passing Score:** 0.00

**Instructor:**  
**Provider:** MD Police & Corr. Training Commissions  
**Location:**

**Crs Type:**  
**Trn Type:**

**Date Approved:** 8-23-2018  
**Approved Period:** 10-26-2018 To 10-26-2021

**File Number:**

**Description:**

This course is designed to enable the student to learn current concepts of practical and applied nutrition. Topics include food choices and health, nutrition tools, energy balance an healthy body weight, metabolism, carbohydrates, lipids, proteins, vitamins, minerals, wather, nutrients, physical activity and the body's responses, nutrition and disease, food safety and life cycle nutrition.

**Class Sessions**

**C15897**            **Diet and Nutrition**

**Program:** Corrections  
**Subject:** Inservice

**Status:** Active            **Hours:** 6.00  
**Passing Score:** 0.00

**Instructor:**  
**Provider:** MD Police & Corr. Training Commissions  
**Location:**

**Crs Type:**  
**Trn Type:**

**Date Approved:** 8-23-2018  
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**Class Sessions**