

science of nutrition trailer

NARRATOR: This course gives learners an overview of the science behind nutrition. It aims to examine the evidence base for healthy eating and hydration. The course begins with the basics of nutrition, the digestive system, and how fat, carbohydrate, and protein are digested and absorbed. Technical words are explained as they arise, avoiding too much jargon.

There are also some fun experiments you can do at home, including checking the colour of your urine. The course raises fascinating questions, aiming to get closer to the truth of what healthy eating actually means. The eight week journey through science and practical application ends with an opportunity to analyse your own dietary pattern and any changes you may wish to make.

By the end of the course, the learner will have started to think a little more about the science behind nutrition, covering aspects of biology, chemistry, and physics, as well as gaining new insight into the complex question of how to eat healthily.