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

 As humans, we need to consume a certain amount of nutrients in order to stay healthy as individuals and if we as individuals we are taking care of our health and we are looking after ourselves, as a society we will be able to improve and the rate of diseases would decrease.

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

 Today, we have lots of daily vitamins that you are able to take to help you reach your daily intake and you are staying healthy and reaching your nutritional needs. In food production, there are many ways that farmers have found to help food grow quicker.

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.

In today’s world, fast food is so easily accessible and with everyone leading busy lives, it is so easy to go down the street and to pick up a hamburger and fries than it is to make dinner at home. Many people would even say that it is cheaper, but overall it is more expensive. With those not eating as healthy and the lack of eating healthy, the disease rate is higher than ever.

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.

Dieting has been around for so long and diet trends come and go and with each one that comes, reports come out with statistics with what is bad about them. As I was searching through the different types of diets that have been in the past, in 1925 there was a diet trend to smoke to lose weight. For obvious reasons, this diet is no longer promoted because of the addiction and the results that smoking has on your body. A diet trend that I have heard a lot of people doing is the keto diet. It was originally for those who were having seizures but soon recognized that it helped with losing weight as well. With the keto diet you are upping your proteins and fats and your body goes into what is called ketosis. Without all the added carbs, you don't gain water weight.

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

With preparing food, there is the possibility of cross contamination and even food not being cooked all the way through and thus resulting in having food poisoning.

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

A lot of what I learned in the class about nutritional needs and for staying healthy and within a healthy weight, is making sure you are getting your daily requirements of micronutrients so that your cells can fight diseases, as well as your macronutrients. Making sure that you are getting the proper amount of exercise and staying active. Drinking lots of water and making sure you are getting your daily vitamins as well as eating a variety and different colors of vegetables and fruits.