



S Y L L A B U S

Nutrition and Meal Planning

Duration: 5 Days (Total: 20 Hours)

Contents

1.0 Course Overview.....	2
2.0 Learning Outcomes	2
3.0 Training Methodology	2
4.0 Fundamentals of Nutrition and Macronutrients (3 Hours).....	2
5.0 Micronutrients, Hydration, and Energy Needs (3 Hours).....	3
6.0 Building Balanced Meals and Meal Prep Strategies (4 Hours).....	4
7.0 Dietary Preferences, Restrictions, and Reading Labels (3 Hours).....	4
8.0 Goal-Based Meal Planning (Weight Loss, Muscle Gain, Wellness) (3 Hours).....	5
9.0 Tools, Tracking, and Sustainable Nutrition Habits (2 Hours).....	6
10.0 Conclusion and Wrap-Up (1 Hour).....	6

1.0 Course Overview

This course introduces participants to the **foundations of nutrition and practical meal planning**. It equips learners with knowledge about food groups, balanced eating, nutrient needs, and strategies for building personalized, sustainable meal plans for health and lifestyle goals.

2.0 Learning Outcomes

By the end of this course, participants will be able to:

- Understand essential nutrients and their role in the body
- Plan nutritionally balanced meals based on personal needs
- Read nutrition labels and portion meals effectively
- Address dietary restrictions or preferences with confidence
- Create a customized meal plan aligned with lifestyle goals

3.0 Training Methodology

- Interactive Nutrition Label Exercises
- Meal Prep Demonstrations & Planning Templates
- Daily Food Log Reflections
- Group Activities and Recipe Brainstorms
- Sample Meal Plan Challenges

4.0 Fundamentals of Nutrition and Macronutrients (3 Hours)

Objectives:

- Learn the basics of nutritional science and energy balance

Topics Covered:

- Carbohydrates, Proteins, Fats: Sources and Functions
- Calories In vs Calories Out
- Macronutrient Ratios and Distribution
- Food Pyramid & MyPlate Overview

Activities:

- Quiz: Identify macronutrient sources from food images
- Task: Calculate your daily calorie & macronutrient needs
- Group Discussion: Myths and facts about carbs, fats, protein

5.0 Micronutrients, Hydration, and Energy Needs (3 Hours)**Objectives:**

- Understand the role of vitamins, minerals, and fluids

Topics Covered:

- Key Micronutrients: Iron, Calcium, Vitamin D, B12, etc.
- Deficiency Risks and Supplement Basics
- Hydration Guidelines
- Metabolism and Energy Expenditure

Activities:

- Worksheet: Match nutrients with food sources and functions
- Task: Track your water intake for a day
- Group Exercise: Create a “rainbow plate” of nutrient-rich foods

6.0 Building Balanced Meals and Meal Prep Strategies (4 Hours)

Objectives:

- Learn how to prepare, portion, and balance meals

Topics Covered:

- Portion Sizes and Macronutrient Balancing
- Sample Meal Templates (Breakfast, Lunch, Dinner, Snacks)
- Meal Prepping Tips for the Week
- Grocery Lists, Budgeting, and Batch Cooking

Activities:

- Demo: Build a balanced plate
- Task: Plan a 3-day sample meal plan
- Group Challenge: Design a weekly meal prep guide

7.0 Dietary Preferences, Restrictions, and Reading Labels (3 Hours)

Objectives:

- Adapt plans to personal, cultural, and medical needs

Topics Covered:

- Vegetarian, Vegan, Gluten-Free, Keto, Intermittent Fasting
- Food Allergies and Intolerances
- Decoding Nutrition Facts and Ingredient Labels
- Additives, Sugar Content, and Claims (“Low-fat”, “Organic”)

Activities:

- Task: Analyze and compare 3 food labels
- Group Discussion: Navigating diets with restrictions
- Scenario Practice: Build a meal plan for a vegan with a nut allergy

8.0 Goal-Based Meal Planning (Weight Loss, Muscle Gain, Wellness) (3 Hours)

Objectives:

- Plan meals based on individual health and fitness goals

Topics Covered:

- Calorie Deficit vs Surplus
- Nutrient Timing and Frequency
- Eating for Energy, Focus, Immunity
- Lifestyle Integration: Travel, Work, School

Activities:

- Worksheet: Set your SMART nutrition goal
- Task: Build a 1-day meal plan for your selected goal
- Partner Review: Share and refine each other's plans

9.0 Tools, Tracking, and Sustainable Nutrition Habits (2 Hours)**Objectives:**

- Apply tools to stay consistent and motivated with healthy eating

Topics Covered:

- Food Tracking Apps (MyFitnessPal, Cronometer, etc.)
- Habit Stacking and Routine Building
- Mindful Eating and Portion Awareness
- Creating Flexible and Sustainable Nutrition Plans

Activities:

- Task: Log one full day of eating with a tracking app
- Reflection: Identify one nutrition habit to improve
- Group Share: What keeps you consistent with healthy eating?

10.0 Conclusion and Wrap-Up (1 Hour)**Key Takeaways:**

- Reflect, celebrate, and plan for long-term change

Final Activities:

- Showcase: Present your personalized 7-day meal plan
- Certificate Distribution
- Feedback and Journaling: “One small change I’ll make starting today”