

## 4-9 Basic Nutrition online course

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The Basic Nutrition course covers a wide range of nutrition information ranging from the different nutrients needed to how your body uses them. The information in this course provides the basis for all the other nutrition modules or courses you will complete.

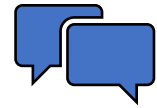
### What you need to do

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1. Work with your training supervisor to determine a time to complete the **Basic Nutrition** online course. The course includes 2 parts. It takes about 4 hours to complete both sections.  
Date and time \_\_\_\_\_
2. Complete both parts of the **Basic Nutrition** online course, learning activities and posttest.
3. Make note of any questions or concerns you have about information in the module.
4. Schedule a time to discuss what you learned with your training supervisor using the **Talk it over** section below.  
Date and time \_\_\_\_\_

## Talk it over

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1. Review your notes and ask any questions you have about the course.
2. How does the information in this online course compare with what you knew about nutrition before?
3. How are dietary guidelines used when working with WIC participants?
4. What basic nutrition information is the most important to consider when working in WIC?
5. What can you do to make sure you are sharing accurate nutrition information?

## References

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- My Plate
  - <https://www.myplate.gov/>
- Food Labels
  - <https://www.eatright.org/food/nutrition/nutrition-facts-and-food-labels/the-basics-of-the-nutrition-facts-label>
- Vitamin D Information for Health Professionals
  - <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>
- Water Fluoridation in Oregon
  - <https://www.oregon.gov/oha/ph/preventionwellness/oralhealth/pages/fluoride.aspx>