

Nutrition Food Demonstration Classes  
Fall 2017

**NSD 200 (M001) Special Topics: Food Demonstrations Cooking on a Budget**

**Thursday 5:00-8:00pm 9/7/17-9/28/17, meets Falk 204, 1 credit**

This course is intended to give students practical information about eating healthy on a budget. Meeting in the new Falk Nutrition Assessment, Counseling and Education (ACE) Demonstration Kitchen, students will explore the logistics and acceptability of a eating healthy on a budget via demonstrations, tastings. No PREREQ

**NSD 200 (M002) Special Topics: Food Demonstrations Improving Athletic Performance**

**Thursday 5:00-8:00pm 10/5/17-10/26/17, meets Falk 204, 1 credit**

This course is intended to give students practical information about eating to improve athletic performance. Using the new Falk Nutrition Assessment, Counseling and Education (ACE) Demonstration Kitchen provide students will explore the logistics, and acceptability of a diet to improve athletic performance via food demonstrations, tastings. No PREREQ

**NSD 200 (M003) Special Topics: Food Demonstrations Eating Local: Sustainable Nutrition**

**Thursday 5:00-8:00pm 11/2/17-11/30/17, meets Falk 204, 1 credit**

This course is intended to give students practical information about eating healthy and sustainably by eating local. Meeting in the new Falk Nutrition Assessment, Counseling and Education (ACE) Demonstration Kitchen, students will explore the logistics and acceptability of a sustainable nutrition via demonstrations, tastings. No PREREQ

Registration for these classes is via MySlice through September 5. They can be added later (via the normal Add/Drop Form) until the first day of class.

For more information, contact: Donna Sparkes, [djsparke@syr.edu](mailto:djsparke@syr.edu), 315.443.5573