TOPICS and SUBTOPICS

A. FOOD AND NUTRITION, DEVELOPMENT
   1. What do I eat and drink?
   2. What is a healthy lifestyle? Do I have one?
   3. What is a healthy weight?
   4. What is a balanced meal?
   5. What is a healthy balance of food?
   6. What do I know about food and water safety?
   7. What do I know about food poisoning?
   8. What do I know about food allergies?
   9. What do I know about food and water contamination?
   1. What do I know about food and water conservation?
   2. What do I know about food and water sustainability?

B. FOOD AND NUTRITION, SOCIAL AND ECONOMIC
   1. Where do our foods come from? How are they grown?
   2. How are our foods produced, processed and packaged?
   3. How are our foods distributed and marketed?
   4. How are our foods labelled, packaged and advertised?
   5. How are our foods shipped and stored?
   6. How are our foods priced and consumed?

C. FOOD AND NUTRITION, ENVIRONMENTAL
   1. How are our foods affected by the environment?
   2. How can we protect our environment?
   3. How can we reduce our impact on the environment?

D. FOOD AND NUTRITION, CULTURAL AND SOCIAL
   1. How do I know what foods to eat?
   2. How do I know what foods to eat in different cultural and social settings?
   3. How do I know what foods to eat in different situations?
   4. How do I know what foods to eat in different times?
   5. How do I know what foods to eat in different places?
   6. How do I know what foods to eat in different situations?
   7. How do I know what foods to eat in different times?

E. FOOD AND NUTRITION, INTEGRATIVE APPROACH
   1. How do I know what foods to eat in different times?
   2. How do I know what foods to eat in different situations?
   3. How do I know what foods to eat in different places?
   4. How do I know what foods to eat in different cultural and social settings?
   5. How do I know what foods to eat in different times?
   6. How do I know what foods to eat in different cultural and social settings?
   7. How do I know what foods to eat in different times?

F. FOOD AND NUTRITION, TEACHING AND LEARNING
   1. How do I know what foods to eat in different times?
   2. How do I know what foods to eat in different situations?
   3. How do I know what foods to eat in different places?
   4. How do I know what foods to eat in different cultural and social settings?
   5. How do I know what foods to eat in different times?
   6. How do I know what foods to eat in different cultural and social settings?

G. FOOD AND NUTRITION, POLICY AND REGULATION
   1. How do I know what foods to eat in different times?
   2. How do I know what foods to eat in different situations?
   3. How do I know what foods to eat in different places?
   4. How do I know what foods to eat in different cultural and social settings?
   5. How do I know what foods to eat in different times?

H. FOOD AND NUTRITION, RESEARCH AND DEVELOPMENT
   1. How do I know what foods to eat in different times?
   2. How do I know what foods to eat in different situations?
   3. How do I know what foods to eat in different places?
   4. How do I know what foods to eat in different cultural and social settings?
   5. How do I know what foods to eat in different times?