Thank you for your interest in the National Nutrition Certification Program. This online training course was created to increase the nutrition knowledge and teaching skills of nutrition educators. It is designed for those who teach nutrition education to the public.

NNCP is a free service provided by the SNAP-Ed program in Utah (known as Food Sense), and it is administered through the Utah State University Extension program. The course contains 15 modules including a pre- and post-assessment. Course content was validated through expert review by registered dietitians. Parameters of study for this program included: increase in nutrition knowledge, improvement in teaching technique/ability, job satisfaction for the educator, and lower programming costs related to training.

The lessons and learning objectives include:

**Welcome & Pre-assessment**
- Instructions on how to navigate and complete the online training course
- 30 multiple-choice questions

**Scope of Practice**
- The difference between public health nutrition education and individual counseling
- Laws for certification and license to practice within a state
- Proper use of a referral list for services
- Reliable web sites
- Reliable experts
- Concepts of junk science and nutrition quackery

**Dietary Guidelines for Americans & MyPlate**
- The 5 food groups in MyPlate
- Descriptions of ounce, cup, and serving equivalents from each of the five food groups
- Nutritional benefits of each of the five food groups
- Concept of discretionary calories

**Basic Nutrition & Metabolism**
- Basic functions of vitamins, minerals, water, and phytochemicals
- Sources of fat and water-soluble vitamins and minerals
- Deficiencies and toxicities of vitamins and minerals
- Sources of phytochemicals and their health claims

**Vitamins, Minerals, Water & Phytochemicals**
- 6 classes of nutrients: which are macronutrients and which are micronutrients
- Which nutrients yield energy and how much energy each yields per gram
- Basic mechanics of digestion, absorption, and transport of nutrients in the body
- Meaning and nutritional relevance of the following terms:
  - DRI, RDA, EAR, AI, UL, EER, AMDR
Macro-Nutrients

**Carbohydrates**
- Definition of a carbohydrate
- Differences between simple carbohydrates and complex carbohydrates
- Foods that contain simple and complex carbohydrates
- Carbohydrate metabolism
- The dietary recommendations for concentrated sugars, starches, and fiber

**Fats/Lipids**
- 3 classes of lipids and their functions
- Difference between saturated fats, monounsaturated fats, polyunsaturated fats, and trans fats
- Difference between the lipid transport proteins: chylomicrons, VLDL, LDL, and HDL
- Essential fatty acids, their relationship to health, and their dietary sources
- Dietary recommendations for fat and cholesterol and the health implications of an excess of these nutrients

**Protein**
- Protein and amino acids
- Essential and non-essential amino acids
- Protein-containing foods
- Protein metabolism
- Dietary recommendations for protein consumption
- Relationship between protein and health

Menu Planning
- Creating a meal plan using MyPlate® recommendations
- Time saving tips for shopping
- Shopping behaviors and how shopping tools can help individuals and families save money
- Basic grocery store layout and its impact on shopping behavior
- Components of food labels, their purpose and how they benefit health
- Meal preparation methods

Food Safety
- The difference between foodborne infections and intoxications
- The four steps to FightBac® (Clean, Separate, Cook, Chill)
- Commonly occurring natural toxicants in foods and ways to avoid them in food preparation
- Types and uses of pesticides, and how to handle food safely
- Regulations governing additives and differentiate between intentional (direct) and indirect food additives
- How to choose and store fresh, frozen, and canned products

Physical Activity, Body Image, & Body Composition
- Identifying a healthy body composition
- Relationship between body composition and health

Energy Balance & Diet
- Energy balance in terms of energy in and energy out
- The relationship between energy balance and weight
Chronic Diseases
Major chronic diseases affecting Americans
Incidence and prevalence of major chronic diseases
How major chronic diseases develop
Relationship between diet and major chronic diseases

Pregnancy, Lactations & Infancy
Changes in maternal physiology during pregnancy
Implications of poor maternal nutrition on the infant
Energy requirements in pregnancy and pregnancy weight gain recommendations
Important nutrients to obtain in pregnancy and foods that contain these nutrients
Substances to avoid during pregnancy and their related health consequences
Food safety issues related to pregnancy and their health consequences
Common health problems or ailments associated with pregnancy and ways to alleviate the symptoms
Appropriate diet for a lactating woman
Community resources available to lactating women
Appropriate feeding practices in early infancy
Development of infant feeding skills
Progression of the introduction of solid foods
Unsafe feeding practices in infants

Childhood Nutrition
Childhood obesity statistics and possible causes
Recommended servings from each food group
Ways to make family meals more successful and effective
Reasoning behind the importance of food safety for children
Appropriate snacking
Appropriate physical activity

Art of Teaching
Capabilities and limitations of the human learner
Advantages and disadvantages of various educational methods and techniques
Five parts of the universal learning model and their functions
Three parts of a presentation (introduction, body, conclusion) and what each should provide
Steps in preparing for and delivering a successful food demonstration

Post-assessment
100 multiple choice questions to assess comprehension and understanding
No time limit
Certification requires 80% passing rate
Certificate is valid for 3 years