



Tutor: Trish Akouka

Class Name: Health and Nutrition

Grade Levels: Grades 9-12

Class Description: Apologia's Exploring Creation with Health and Nutrition is a comprehensive health and nutrition course for high schoolers that will provide students with what they need to make the best choices for themselves as they become young adults. Using vivid illustrations and clear explanations, this health and nutrition course takes a holistic approach to exploring physical, nutritional, emotional, social, mental, and spiritual concepts.

Prerequisites: None

Textbook/Author/Publisher:

Apologia's Exploring Creation Health and Nutrition 2nd Edition TEXTBOOK

Apologia's Exploring Creation with Health and Nutrition 2nd edition STUDENT NOTEBOOK

Supplies Required: folder, pencil, paper, and colored pencils

Materials/Lab Fee: \$40/yr

Step Up: YES