

Course Reflection

William Chen

12/17/2021

NUTR-1020

Salt Lake Community College

- 1. Make connections between what you studied in this nutrition course with what you've learned in other courses at SLCC or before.**

In this course I learned what I should be eating and how much I should be eating to gain weight. This corresponds with my weightlifting class, since just lifting weight is not enough to gain weight.

- 2. Reflect on how you thought about nutrition before you took this course and how you think about it now that the course is over.**

I've always considered nutrition to be an important part of your lifestyle, and after taking this course, it hasn't changed. But now I have more knowledge on how to eat nutritiously and maintain it. The Super-Size Me documentary really put things into perspective for me. I will be more diligent with my nutrition in the future.