

# Health and Diet

Syllabus Number

EDU-104

Compulsory Elective  
2 credit

HOSHII, Michiyo

## 1. Course Description

In this period, scientific work have enriched and enlarged human life. People can use variety of information and institute comparing to past centuries. Health education (Food education) is taught at various social settings including school. In this class, the students are expected to learn about the health education, and develop the idea how to maintain own health and choose accurate information and skill for fair decision making. This is one year course. (The students will be required to take health education B.)