

**Sacramento Police Department  
Mandatory Academy Follow-up Training  
2020**

*The following course is offered to academy graduates as they enter the field training program at the Sacramento Police Department. These new officers are brought back to the training environment several times as they progress through the field training.*

**Course Title: It's in the Bag: Food labels, eating behaviors, & metabolism**

**Course Description:** To provide the practical education of food labels, eating behaviors, and metabolism to sustain a healthy lifestyle.

**Course Objectives:** Upon completion of this course the student will be able to:

- Explain the key components of a food label.
- Discuss how to analyze and use the information on a food label.
- Explain the concepts of eating behavior.
- Discuss how to improve eating behavior to make better choices.
- Explain the concepts of nutrition and metabolism.
- Discuss the human factors affecting metabolism.
- Discuss ways to manage metabolism for improved health.

**Representative methods of Evaluation:**

- Class participation
- Class performance
- Demonstrate knowledge of material
- Group oral examination