



DAVIS SCHOOL DISTRICT

www.davis.k12.ut.us

CAREER AND TECHNICAL EDUCATION

STRANDS

Six Categories of Nutrients

Carbohydrate Energy Yield

Lipids/Fats Composition

Vitamin Chemical Composition

Metabolism

Dietary Reference Intakes

MyPlate Food Guidance

Photosynthesis

Energy Balance

Body Composition



Learning that works
for Utah

FOUNDATIONS OF NUTRITION

ABOUT

Foundations of Nutrition is an introduction to the science of nutrition and the relationship of food intake and health. Nutrient requirements and food selection to meet those requirements are discussed. Students evaluate their own food intake, eating behaviors, learn to be informed consumers of food and nutritional information in our modern environment. Provide students with critical human life and nutrition information that will expand their understanding of science and also be personally applicable to their daily and life-long health and wellbeing in the modern environment through applied assessments, exams, and discussions. **Concurrent Enrollment available for this course.**



CAREER PATHWAYS

Food Product Technician
Nutritionist
Microbiologist



REQUIREMENTS

Semester course for
Juniors and Seniors



LOCATIONS

All high schools have
access to take Foundations
of Nutrition



Talk to your high school
CTE Coordinator



CTE Family & Consumer Sciences Specialist
Stacy Johnson- stajohnson@dsdmail.net