

Nutrition and Wellness - Food and Nutrition

1 Semester, 1 credit

Grades 9-12

Nutrition and Wellness enables students to realize the components and lifelong benefits of sound nutrition and wellness practices and empowers them to apply these principles in their everyday lives. A project-based approach that utilizes higher order thinking, communication, leadership, and management processes is recommended in order to integrate suggested topics into the study of individual and family issues. Topics include: impact of daily nutrition and wellness practices on long-term health and wellness; physical, social and psychological aspects of healthy nutrition and wellness choices; planning for wellness and fitness; selection and preparation of nutritious meals and snacks based on USDA Dietary Guidelines including the Food Guide Pyramid; safely, sanitation, storage, processes and issues associated with nutrition and wellness; impacts of science and technology on nutrition and wellness issues; and nutrition and wellness career paths. Laboratory experiences which emphasize both nutrition and wellness practices are required components of this course. One of the 5 FACS course from which students may choose 3 to fulfill the required Health and Safety credits.

Nutrition and Wellness - Sports and Nutrition

1 semester, 1 credit

Grades 9-10

Nutrition and Wellness enables students to realize the components and lifelong benefits of sound nutrition and wellness practices and empowers them to apply these principles in their everyday lives. A project-based approach that utilizes higher order thinking, communication, leadership, and management processes is recommended in order to integrate suggested topics into the study of individual and family issues. Topics include: impact of daily nutrition and wellness practices on long-term health and wellness; physical, social and psychological aspects of healthy nutrition and wellness choices; planning for wellness and fitness; selection and preparation of nutritious meals and snacks based on USDA Dietary Guidelines including the Food Guide Pyramid; safely, sanitation, storage, processes and issues associated with nutrition and wellness; impacts of science and technology on nutrition and wellness issues; and nutrition and wellness career paths. Laboratory experiences which emphasize both nutrition and wellness practices are required components of this course. One of the 5 FACS course from which students may choose 3 to fulfill the required Health and Safety credits.

Advanced Nutrition and Foods

2 Semesters credits can be earned

Grades 10-12

Advanced Nutrition and Foods is a course that addresses more complex concepts in nutrition and foods, with emphasis on contemporary economic, social, psychological, cultural, and global issues. Topics include; nutrition and wellness for individuals and families across the life span; meal preparation and entertainment, and related tools and equipment; management of food-related resources; acquiring, organizing, and evaluation information about foods and nutrition; exploration of careers in all aspects of the food industry. Laboratory experiences which emphasize advanced application are required