

# Lifetime Nutrition and Wellness

**Local Course #:** 82101

**State Course ID:** 13024500

## **Course Description:**

This laboratory course allows students to use principles of lifetime wellness and nutrition, including knowledge of nutritionally balanced diets, to help them make informed choices that promotes wellness, as well as pursues careers related to human services. Students are encouraged to participate in extended learning experiences such as career and technical student organizations and other leadership or extra-curricular organizations

## **Link to TEKS:**

[https://texas-sos.appianportalsgov.com/rules-and-meetings?\\$locale=en\\_US&interface=VIEW\\_TAC\\_SUMMARY&queryAsDate=08%2F06%2F2025&recordId=225602](https://texas-sos.appianportalsgov.com/rules-and-meetings?$locale=en_US&interface=VIEW_TAC_SUMMARY&queryAsDate=08%2F06%2F2025&recordId=225602)

## **First 9 Weeks Major Topics:**

Employability Skills, Nutrients, Digestion & Metabolism, Balanced Diet

## **Second 9 Weeks Major Topics:**

Safety and Sanitation, Food-management Principles, Careers in Nutrition

## **Third 9 Weeks Major Topics:**

Semester Course

## **Fourth 9 Weeks Major Topics:**

Semester Course