

Lifetime Nutrition and Wellness Virtual

Local Course #: 0

State Course ID: 13024500

Course Description:

This laboratory course allows students to use principles of lifetime wellness and nutrition 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. This course is only available as an online course through the Keller ISD Virtual Learning program. Students who successfully complete this course receive high school credit

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:

1 Effective Work Habits; 2 Food Safety & Sanitation; 3 Food Management; 4 Digestion & Metabolism

Second 9 Weeks Major Topics:

5 General Nutrition Principles; 6 Nutrition Across the Lifespan; 7 Careers in Nutrition & the Food Industry

Third 9 Weeks Major Topics:

Semester class

Fourth 9 Weeks Major Topics:

Semester class