

Lifetime Nutrition & Wellness Syllabus

Course Description/Goals:

Lifetime Nutrition and Wellness is a semester laboratory course that allows students to use principles of nutrition to make informed decisions that promote lifelong wellness. Instruction will focus on the role that nutrients have on our body, digestion and metabolism, understanding the importance of a balanced diet, safety and sanitation in the lab, healthy food preparation, and careers in nutrition.

Course TEKS/Objectives:

Lifetime Nutrition and Wellness is a laboratory course that allows students to use principles of lifetime wellness and nutrition to help them make informed choices that promote wellness as well as pursue careers related to hospitality and tourism, education and training, human services, and health sciences.

<https://tea.texas.gov/about-tea/laws-and-rules/sboe-rules-tac/sboe-tac-currently-in-effect/ch130j.pdf>

Course Outline:

Semester 1
-Kitchen Safety -Kitchen Tools -Measuring -Nutrients -Vitamins & Minerals -Digestion -Metabolism -Superfoods -Lifestyle Eating -Weight Management & Physical Fitness -Nutrition Labels -Generic vs. Name Brands -Fad Diets -Food Trucks