

Calallen ISD 2025-2026
Syllabus

Campus: Calallen High School

Course and/or Grade Level: Lifetime Nutrition and Wellness - 9th -12th - Semester Course

Course Description: Lifetime Nutrition and Wellness is a laboratory course that allows student to use the principles of lifetime wellness and nutrition to help them make informed choices in their diet that promote wellness. Students also explore careers related to hospitality, tourism, education and training, human services, and health sciences. Basic cooking preparation skills are also taught.

Semester 1: August 13 – December 19, 2025

1st Quarter Topics	2nd Quarter Topics
1. Getting Started in the Kitchen: Foods effect on life, Equipment Identification, Measurements, and Safety & Sanitation. 2. Nutrition & Wellness: Energy Nutrients, Vitamins, Minerals & Water, Making Healthy Choices, Staying Active and Managing Weight, Life-Cycle Nutrition and Fitness 3. Management of Food: Meal Management, Portions, Shopping Decisions, Entertain & Dining Out, Table Setting, Kitchen Appliances, Heat Transfer and Cooking Methods	4. Preparation of Food: Grains, Breads, Vegetables, Fruits, Dairy Products, Eggs, Meat, Poultry, Fish and Shellfish, Salads, Casseroles, and Soups, Cakes, Cookies, Pies, and Candies. 5. Foods of the World: The United States and Canada, Latin America, Europe, Mediterranean Countries, Middle East, and Africa, & Asia 6. Food, Nutrition, & Careers: Finding a job, preparing for a job & Food Handler Certification

**Minor adjustment to the schedule may be made based on campus schedules and student needs.*