



Human Services

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Career and Technical Education
Lake Dallas High School

Lifetime Health 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.

Coursework:

- ☐ All coursework will be assigned in the Canvas classroom.
- ☐ Proceed through the modules and complete all assignments in order.
- ☐ Submit work on time. Late or missing work will result in a penalty.
- ☐ Check Canvas for assignments, and Skyward for grades.
- ☐ Grade weights: major 34%, minor 51%, semester exam 15%

Supplies:

- ☐ iPad and charger
- ☐ Pencils, pens, paper
- ☐ Colored pens/pencils or markers (optional)

Attendance:

- ☐ Must be in class to be counted present.
- ☐ Tardy after the bell, absent after 5 minutes.
- ☐ Student must use Smart Pass to leave class, only 3 passes per student per day. No passes first 10 minutes, last 10 minutes, or during instruction.
- ☐ As a courtesy, please email me if you know you will be absent for an extended period.

Cell Phone:

- ☐ Keep cell phone, earbuds, watches and all other electronic communication devices turned off and in your backpack during school hours. (HB 1481)

Class Expectations:

- ☐ Be on time, be prepared to learn, and stay on task.
- ☐ Respect the teacher, other students, the classroom, and yourself.
- ☐ Celebrate diversity and be accepting of individual differences.
- ☐ Clean up after yourself and others.
- ☐ Follow LDHS Student Code of Conduct, Student Handbook, administration and teachers.
- ☐ Any violation of class, campus or district rules will result in consequences as outlined by the district, campus or teacher.

Class Procedures:

- ☐ Enter room quietly.
- ☐ Be in your seat when the bell rings.
- ☐ Work from bell to bell.
- ☐ Ask for a pass from the teacher to leave class.
- ☐ Exit after the dismissal bell.

Classroom Etiquette:

- ☐ Create a quiet, safe learning environment.
- ☐ Be ready to learn and grow.
- ☐ Eliminate distractions.
- ☐ Stay engaged in learning.
- ☐ No food, drinks, gum or makeup.
- ☐ Use the district-issued iPad for educational purposes only.

Classwork:

- ☐ Use complete sentences with proper grammar.
- ☐ Proofread and check assignments before you submit.
- ☐ Do your own work.
- ☐ Submit assignments in a timely manner.
- ☐ Each student is responsible for submitting their own assignments, including group work.

Course Outline:

- 1 Introduction to Nutrients & Nutritional Labeling
- 2 A Scientific Look at Nutrition
- 3 A Closer Look at Nutrition: Carbohydrates
- 4 A Closer Look at Nutrition: Fats & Lipids
- 5 A Closer Look at Nutrition: Proteins & Amino Acids
- 6 A Closer Look at Nutrition: Vitamins, Minerals & Water
- 7 Nutrition Through the Life Cycle
- 8 MyPlate: The New Food Guide
- 9 Diets: The Good, The Bad & The Ugly
- 10 Hot Topics - Fast & Convenience Foods
- 11 Factors in Food Choices
- 12 Groceries
- 13 Impact of Nutrition on Health & Wellness
- 14 Healthy Snacking for all Ages
- 15 The Human Body: Digestive System
- 16 A Closer Look at Nutrition: Metabolism & Energy
- 17 Health & Information: Media, Technology & You
- 18 Nutrition & Wellness Diseases: Eating Disorders
- 19 Nutrition & Wellness Diseases: Diabetes
- 20 Nutrition & Wellness Diseases: Obesity
- 21 Nutrition & Wellness Diseases: Food Allergies & Intolerances
- 22 Hot Topics - Allergies
- 23 Farm to Plate
- 24 Food Industry Safety
- 25 Principles of HACCP: Introduction
- 26 Principles of HACCP: Identifying Hazards in Food Processing
- 27 It's Alive!: Foodborne Illnesses
- 28 Sanitation & Safety Procedures in Food Production
- 29 Introduction to Culinary Techniques & Methods
- 30 Kitchen Equipment

- 31 Food Math & Measurements
- 32 The Science in Food Handling & Storage
- 33 Emily Post, Who?
- 34 Exporting Careers: Human Services
- 35 Diagnostic Services
- 36 A Job Defined: Dietitian
- 37 Employability Skills
- 38 Goal Setting Basics
- 39 Management of Energy, Money & Tasks
- 40 Introduction to Professional Communication
- 41 Presentation Strategies & Tactics

TEKS ALIGNMENT:

Scope & Sequence	Lesson Title	TEKS	Days of Teaching	TEA-Approved IBC Playlist
Career Development Lessons				
34	Exploring Careers: Human Services	7.D.ii; 8.A.i; 8.C.i	11	
35	Diagnostic Services	8.A.i; 8.C.i	2	
36	A Job Defined: Dietitian	8.A.i; 8.C.i	2	
37	Employability Skills	1.A.i; 1.A.ii; 1.B.i; 1.B.ii; 1.D.i; 1.D.ii; 1.E.i; 1.E.ii; 7.A.i; 7.A.ii; 7.B.i; 7.B.ii; 7.C.i; 7.C.ii; 8.D.i	5	
38	Goal Setting Basics	8.B.i; 8.B.ii	4	
39	Management of Energy, Money & Tasks	1.C.i; 7.B.i; 7.B.ii	6	
40	Introduction to Professional Communication	1.A.i; 1.A.ii	5	
41	Presentation Strategies & Tactics	7.D.i	5	

Scope & Sequence	Lesson Title	TEKS	Days of Teaching	TEA-Approved IBC Playlist
1	Introduction to Nutrients & Nutritional Labeling	2.A.i; 2.A.ii; 2.A.iii; 4.J.i; 4.J.ii; 4.K.i; 4.K.ii	5	
2	A Scientific Look at Nutrition	2.A.i; 3.A.i; 3.A.ii	6	
3	A Closer Look at Nutrition: Carbohydrates	2.A.i; 2.A.ii; 2.A.iii	6	
4	A Closer Look at Nutrition: Fats & Lipids	2.A.i; 2.A.ii; 2.A.iii	6	
5	A Closer Look at Nutrition: Proteins & Amino Acids	2.A.i; 2.A.ii; 2.A.iii	6	
6	A Closer Look at Nutrition: Vitamins, Minerals & Water	2.A.i; 2.A.ii	6	
7	Nutrition Through the Life Cycle	2.C.i; 2.C.ii; 2.C.iii; 2.C.iv; 2.C.v; 4.D.i; 4.D.ii; 4.K.i; 4.K.ii	8	
8	MyPlate: The New Food Guide	2.A.iv; 2.D.i	9	
9	Diets: The Good, The Bad & The Ugly	2.A.iv; 4.D.i; 4.D.ii; 4.D.iii; 4.D.iv; 4.D.v; 4.E.i; 4.F.i; 4.F.ii; 4.G.i	5	
10	Hot Topics - Fast & Convenience Foods	2.A.iv; 4.I.i; 4.I.ii	2	
11	Factors in Food Choices	4.A.i; 4.D.ii; 4.D.iii; 4.D.iv; 4.D.v; 4.E.i	6	
12	Groceries 101	4.D.iii; 4.D.v; 6.D.i	6	
13	Impact of Nutrition on Health & Wellness	2.B.i; 2.B.ii; 2.B.iii; 2.B.iv; 3.E.i; 3.E.ii; 4.D.iii	5	
14	Healthy Snacking for all Ages	6.E.i; 6.E.ii	3	
15	The Human Body: Digestive System	3.A.i; 3.C.i; 3.C.ii	6	
16	A Closer Look at Nutrition: Metabolism & Energy	3.A.ii; 3.B.i; 3.B.ii; 3.B.iii; 3.B.iv; 3.B.v; 3.B.vi; 3.C.iii; 3.C.iv	6	
17	Health & Information: Media, Technology & You	3.D.i; 3.D.ii; 4.H.i; 4.H.ii	6	
18	Nutrition & Wellness Diseases: Eating Disorders	4.B.i; 4.B.ii; 4.B.iii	4	
19	Nutrition & Wellness Diseases: Diabetes	4.B.i; 4.B.ii; 4.B.iii	6	
20	Nutrition & Wellness Diseases: Obesity	4.B.i; 4.B.ii; 4.B.iii	5	
21	Nutrition & Wellness Diseases: Food Allergies & Intolerances	4.C.i; 4.C.ii; 4.C.iii; 4.C.iv	4	
22	Hot Topics - Allergies	4.C.i; 4.C.ii	2	
23	Farm to Plate	4.L.i; 4.L.ii; 4.M.i; 4.M.ii	10	
24	Food Industry Safety	5.A.i; 5.A.ii; 5.A.iii; 5.A.iv; 5.A.v; 5.A.vi; 5.A.vii; 5.A.viii; 5.A.ix; 5.A.x; 5.A.xi; 5.A.xii; 5.B.i; 5.B.ii; 5.C.i; 6.G.i	6	AMSA Food Safety & Science Certification
25	Principles of HACCP: Introduction	5.A.i; 5.A.ii; 5.A.iii; 5.A.vii; 5.A.viii; 5.A.ix	2	AMSA Food Safety & Science Certification
26	Principles of HACCP: Identifying Hazards in Food Processing	5.C.i; 5.C.ii	3	AMSA Food Safety & Science Certification
27	It's Alive!: Foodborne Illnesses	5.A.v; 5.A.xi; 5.B.i; 5.B.ii; 6.G.i	5	AMSA Food Safety & Science Certification
28	Sanitation & Safety Procedures in Food Production	5.A.i; 5.A.ii; 5.A.iii; 5.A.iv; 5.A.vi; 5.A.vii; 5.A.viii; 5.A.ix; 5.A.x; 5.A.xii; 5.C.i; 5.C.ii	9	AMSA Food Safety & Science Certification
29	Introduction to Culinary Techniques & Methods	6.A.i; 6.A.ii; 6.B.i; 6.B.ii; 6.C.i; 6.E.i; 6.E.ii; 6.G.i	10	AMSA Culinary Meat Selection & Cookery Certification
30	Kitchen Equipment	5.A.iv; 5.A.vi; 5.A.x; 5.A.xii; 6.B.i; 6.B.ii	9	
31	Food Math & Measurements	6.A.i; 6.A.ii; 6.B.i; 6.B.ii	9	
32	The Science in Food Handling & Storage	5.A.v; 5.A.xi; 5.B.i; 5.B.ii; 6.G.i	8	AMSA Food Safety & Science Certification
33	Emily Post, Who?	6.F.i; 6.F.ii; 6.F.iii	7	