

CFISD Lifetime Nutrition & Wellness

Scope and Sequence

Course Description:

This combination classroom/laboratory course allows students to apply the principles of lifetime wellness and nutrition to assist them in making informed choices that promote good health, as well as pursue careers related to nutrition. Students study the principles of nutrition, digestion, calories, and metabolism, diet-related diseases, food allergies, therapeutic/fad dieting, and safety and sanitation in food preparation. Some cooking lab experiences will be included. (1/2 credit)

- Grades 10, 11, and 12
- Recommended prerequisite: Principles of Human Services
- Lab supplies or fee may be required

TEKS

Cluster: Human Services

Endorsement: Public Services

- Meets advanced course requirement (Y/N): N
- Meets foundation requirement for math, science, fine arts, English, LOTE (Y/N-area): N

Industry Certification/Credentials: n/a

Instructional Units	Pacing
1st or 2nd Semester Effective work habits Roles of nutrients in the body Nutritionally balanced diets Safety & sanitation Food management principles Digestion & metabolism Professional standards/employability skills Careers in nutrition	Grading Period 1/3 Grading Period 2/4

Primary Instructional Materials: **Food, Nutrition & Wellness, McGraw Hill, ISBN: 97800767657046**