

Nutrition and Wellness

Credits: 0.5

Course Overview and Goals

Nutrition and Wellness is a one-semester introductory course that covers the basics of nutrition and health.

This course introduces you to nutrients, their food sources, their functions, nutrient recommendations, and food labeling. You will learn about the digestive and metabolic processes in the human body. You will discuss the factors that affect health and wellness and the nutritional needs through the life cycle and for specific conditions.

You will then learn about eating disorders and food allergies, as well as the effect of diet on weight, chronic illnesses, and emotional and mental well-being. You will also learn about the aspects that influence physical fitness. Further, you will discuss the role of government and community programs in promoting health and well-being.

You will then learn about safe food handling practices and identify pathogens and foodborne illnesses. You will also learn about various food preparation and presentation techniques, menu planning, and technological advances and marketing trends in the food industry.

Toward the end of the course, you will learn about the career options in the field of nutrition and wellness. Finally, you will learn about goal setting, planning a career, and workplace skills and ethics.

This course consists of 18 lessons bunched into four units. Each lesson includes one or more activities. You will grade your work in the lesson activities by comparing them with sample responses. After completing each unit, you will work on a unit assignment and participate in a group discussion. In addition, you will complete a course assignment and a course project. You will submit the unit assignments, course assignment, and course project to your teacher for grading.

By the end of this course, you will be able to do the following:

- ❖ Examine the functions of nutrients and how the human body processes them, as well as the nutrient value of various foods.
- ❖ Interpret dietary guidelines and food labels and their role in maintaining a healthy diet.
- ❖ Create diet and exercise plans for a variety of circumstances.
- ❖ Apply food handling safety and planning techniques to meal preparation.
- ❖ Analyze career paths, necessary education and skills, programs, and technological advances in the field of nutrition and wellness.

COURSE COMPONENTS AND GRADING RUBRIC

The table gives a breakdown of the weight for each component in the course. Weight represents the percentage of the total score coming from each activity.

Course Components	Count	Weight
Pretests. <i>Pretests are optional assessments, typically designed for credit recovery use. If a student shows mastery of a lesson's objective, the student may be automatically exempted from that lesson in the upcoming unit. Typically, teachers do not choose to employ exemptive pretests for first-time credit courses. Pretests are not included as a component of the student's final grade.</i>	4	0%
Module. <i>Each module in this course contains an interactive tutorial and an associated mastery test. Tutorials may include one or more Lesson Activities that constitute tasks associated with the tutorial. The module score comes from a student's score on the mastery test.</i>	18	30%
Discussion. <i>Online discussions allow for higher-order thinking about terminal objectives. An online threaded discussion mirrors the educational experience of a classroom discussion. Teachers can initiate a discussion by asking a complex, open-ended question. Students can engage in the discussion by responding both to the question and to the thoughts of others. Each unit in a course has one predefined discussion topic; teachers may add more discussion topics.</i>	4	10%
Unit Activity. <i>Unit Activities are at the end of a unit and constitute one or more small tasks. Their purpose is to deepen understanding of key unit concepts and tie them together. Each Unit Activity includes a simple rubric. The teacher versions include both a rubric and modeled sample answers. Unit Activities are teacher graded.</i>	4	10%
Posttest. <i>The posttest appears at the end of the unit and mirrors the pretest in structure, content, and complexity.</i>	4	20%
Course Activity. <i>Course Activities are similar to Unit Activities in scope but may be found at any point in the course, either to prepare the student for new learning or to act as a performance-based activity required for a learning objective. Like Unit Activities, Course Activities include simple rubrics, and sample answers are available for teachers. Course Activities are teacher graded.</i>	2	10%
End of Semester Test. <i>The end of semester test (EOS) appears at the end of the course. Students are delivered a few items from every tutorial in the course in order to assess the major course objectives.</i>	1	20%
Total	37	100%

*Teachers may manually adjust these weights if desired, per district grading requirements.

UNIT 1: PRINCIPLES OF NUTRITION (DAYS 1 – 25)

In this unit, you will learn about the classification of nutrients into essential and nonessential nutrients. You will also learn about the functions of these nutrients and the effects of nutrient imbalance on the body. In addition, you will learn about the digestive and metabolic processes in the human body and how to calculate the basal metabolic rate. You will also learn about nutrient requirements, food labeling, and dietary guidelines.

Lesson	Lesson Objective
Nutrients and Their Food Sources	Describe the effects of nutrients on your health and identify nutrient sources.
Functions of Nutrients	Explain the functions of nutrients and identify the effects of nutrient imbalances.
Digestion and Metabolism	Recall the processes of digestion and metabolism in the human body; describe how to calculate Basic Metabolic Rate (BMR).
Nutrient Recommendations and Food Labeling	Identify nutrient requirements and explain components and purpose of food labels.
Dietary Guidelines	Recall government and health department dietary guidelines.
Unit Activity: Principles of Nutrition	Identify the factors that have a positive effect on health and wellness.

UNIT 2: HEALTH, WELLNESS, AND FITNESS (DAYS 26 – 49)

In this unit, you will learn about the effect of food and lifestyle choices on health and wellness. You will identify the nutritional and exercise needs throughout the human life cycle and learn about the factors that affect health and wellness. In addition, you will learn about eating disorders and common food allergies. You will also learn to plan diets and exercise plans for people with specific needs. Finally, you will learn about social and cultural influences on food choices, nutrition and wellness programs implemented by the government, and causes of hunger and malnutrition in certain parts of the world.

Lesson	Lesson Objective
Health and Wellness	Identify the factors that have a positive effect on health and wellness.
Nutrition through the Life Cycle	Recall nutritional needs through the life cycle and for specific conditions.
Health Risks	Identify the factors and disorders that can adversely affect health and well-being; explain how to calculate BMI and its impact on health.
Physical Fitness and Exercise	Recognize how nutrition affects physical fitness and describe how exercise benefits health.
Community, National, and Global Health Issues	Describe the role of government and community programs in promoting health and well-being; identify various programs locally and nationally.
Unit Activity: Health, Wellness, and Fitness	Identify various dietary and fitness needs and describe diet and exercise plans that would support these needs.

UNIT 3: FOOD MANAGEMENT (DAYS 50 – 73)

In this unit, you will learn about safety aspects related to food handling. You will learn how to store and prepare food safely. You will also learn about personal hygiene, pathogens, common foodborne illnesses, and health and safety codes. In addition, you will learn about various food preparation techniques and the components of a standardized recipe. You will also learn to apply menu-planning and food-presentation strategies. Further, you will learn about dining etiquette. Finally, you will learn about technologies and marketing trends in the food industry.

Lesson	Lesson Objective
Hygiene and Safety Guidelines for Handling Food	Recognize safe food handling and storage practices to conserve nutrients and avoid spoilage.
Foodborne Illnesses	Identify preventative measures against foodborne illnesses and describe the characteristics of various viruses.
Food Preparation Techniques	Recall healthy food preparation and cooking techniques and describe the nutrient value of recipes.
Menu Planning and Food Presentation	Identify and describe menu planning and food presentation techniques and recall dining etiquette.
Food-Related Technology and Food Marketing Trends	Name and describe technological advances and marketing trends in the food industry.
Unit Activity: Food Management	Practice meal planning skills.

UNIT 4: CAREERS IN NUTRITION AND WELLNESS (DAYS 74 – 90)

In this unit, you will learn about career pathways and opportunities in the field of nutrition and wellness. You will identify the academic qualifications, technical skills, and transferable skills needed for various jobs in this field. You will also identify entrepreneurial opportunities in this field. In addition, you will learn how to set goals and demonstrate positive self-representation skills. You will also describe positive work habits to advance your career and identify strategies to achieve a work-life balance. Finally, you will learn how student organizations can help you develop professional skills.

Lesson	Lesson Objective
Career Exploration	Name and describe various careers in the field of nutrition and wellness; identify the characteristics of an entrepreneur.
Career Planning	Identify careers in the field of nutrition and wellness and the needed skills, traits, and values; list short-term and long-term goals when planning a career.
Workplace Skills and Ethics	Name and describe important workplace skills and ethics.
Unit Activity: Careers in Nutrition and Wellness	Practice presentation skills and describe career choices in the nutrition and wellness field.
Course Activity: Joining a Student Organization	Identify and describe a student organization related to health and wellness.
Course Activity: Applying Nutritional Knowledge	Explain how to use appropriate tools and apply nutritional knowledge in order to analyze your diet and physical activity.

COURSE MAP

You will achieve course level objectives by completing each lesson's instruction, assignments, and assessments. For a detailed look at how the materials meet these objectives, review the [course map](#).