

Nutrition & Wellness I (19253)

Curriculum Map 2026
Mrs. Jessica DeVries
Semester Course | 18 Weeks
Schedule: 5 days/week, 50 minutes
Career Cluster: Human Services

Nutrition & Wellness I introduce students to principles of nutrition, healthy eating patterns, food safety, meal planning, and wellness practices. Students develop lifelong skills for maintaining personal health while building responsibility, decision-making, and leadership habits that support overall wellness.

Course Units & Learning Overview

Unit	Time	Standards	Focus	Key Skills Developed	Major Assessments
Introduction to Nutrition & Wellness	1 week	NW 1	Wellness concepts & personal health	Health awareness & goal setting	Wellness self-assessment
Nutrients & Their Functions	2 weeks	NW 2	Macronutrients & micronutrients	Nutrient identification & health connections	Nutrient chart & quiz
Digestion & Nutrient Absorption	1 week	NW 2	Digestive system & nutrient use	Understanding body processes	Digestive system diagram
Dietary Guidelines & MyPlate	2 weeks	NW 1	Healthy eating patterns	Balanced meal planning	MyPlate meal plan project
Healthy Eating Across the Lifespan	2 weeks	NW 1	Nutritional needs at different life stages	Nutritional planning & analysis	Lifespan nutrition comparison
Food Labels & Consumer Choices	2 weeks	NW 2	Label reading & informed decisions	Consumer awareness & label analysis	Food label analysis assignment
Food Safety & Sanitation	2 weeks	NW 3.1, 3.2	Preventing foodborne illness	Safe food handling practices	Food safety lab & assessment
Meal Planning & Budgeting	2 weeks	NW 4	Planning nutritious meals within a budget	Budgeting & meal planning	Budget meal plan project
Wellness & Lifestyle Choices	2 weeks	NW 1	Physical activity, stress & wellness	Lifestyle decision making	Wellness improvement plan

Unit	Time	Standards	Focus	Key Skills Developed	Major Assessments
Special Dietary Needs & Health Conditions	1 week	NW 2	Allergies, intolerances & health conditions	Dietary adaptation & awareness	Case study analysis
Food Preparation Skills	2 weeks	NW 4	Basic food preparation & kitchen safety	Cooking skills & safety	Cooking lab evaluation
Final Wellness Project	1 week	NW 1–4	Personal wellness planning	Goal setting & presentation	Personal wellness portfolio

Skills Students Will Develop

- Understanding essential nutrients and their functions
- Planning balanced meals using dietary guidelines
- Evaluating food labels and making informed choices
- Practicing safe food handling and preparation
- Making responsible health and wellness decisions
- Budgeting and planning nutritious meals
- Applying goal setting and personal responsibility to wellness

Career & Real-World Connections

Students explore careers and wellness applications through:

- FCCLA Nutrition & Wellness and Sports Nutrition STAR Event opportunities
- Meal planning and consumer decision-making activities
- Real-world food safety and healthy lifestyle practices
- Exploration of careers in nutrition, healthcare, and food services

Standards Alignment - This course aligns with South Dakota Nutrition & Wellness standards:

- **NW 1** — Wellness & Healthy Lifestyle Practices
- **NW 2** — Nutrition & Nutrient Function
- **NW 3** — Food Safety & Sanitation
- **NW 4** — Meal Planning & Food Preparation

Prior Knowledge Needed - No prior knowledge is required. Prior to each unit, students share their current understanding and experiences. Instructions are adjusted to ensure all students can access and understand the content.

Assessment Framework

Formative

- Wellness reflections
- worksheets & quizzes
- meal planning practice

Summative

- nutrient analysis
- food label assignment
- meal planning project
- final wellness portfolio

Performance-Based

- food safety lab
- cooking lab evaluation
- budget meal planning
- personal wellness plan

Differentiation & Student Support

Support Strategies

- visual demonstrations & modeling
- guided notes & templates
- vocabulary supports
- small group instruction

Enrichment

- advanced recipe modification
- wellness research topics
- lifestyle habit tracking
- FCCLA STAR Event participation

Classroom Management and Environment - The classroom and kitchen lab are structured for safety, collaboration, and hands-on learning. Workstations support food preparation and wellness activities. Clear procedures and safety expectations ensure a productive learning environment.

Cross-Curricular Connections

- **Science:** human body systems & nutrition
- **Math:** measurement & budgeting
- **Health:** wellness & disease prevention
- **ELA:** goal setting & reflective writing
- **Career Readiness:** responsibility & decision making

Work-Based Learning & CTSO Integration - Recommended by SD DOE:

- FCCLA Nutrition & Wellness or Sports Nutrition STAR Event
- Guest speaker from healthcare or nutrition field
- Community wellness promotion project
- Meal planning for real-life scenarios

Resources

Primary Text

- *Guide to Good Food* — Goodheart-Willcox

Supplemental Resource

- Covey, Sean. *The 7 Habits of Highly Effective Teens* — supports goal setting, decision making, responsibility, and personal wellness habits

Professional Organizations

- Academy of Nutrition and Dietetics
- MyPlate.gov (USDA)
- Centers for Disease Control and Prevention (CDC)

Career Exploration

- SDMyLife
- U.S. Bureau of Labor Statistics — Dietitians & Nutritionists