

COURSE SYLLABUS
NUTRITION AND WELLNESS
CORSICA HIGH SCHOOL

Course Description

Nutrition and Wellness is a semester long course for 10th-12th grade students, designed to teach science skills as they apply to food preparation, food production, and human nutrition. Students will explore the science behind many food preparation principles, the food production industry, and the structure and function of all of the essential nutrients. This class meets every day for 50 minutes and has no prerequisites.

Topics that will be included in this course:

- Factors that influence food choices and nutritional status
- Making nutritional food choices
- Nutrients and nutrition guidelines
- Physical health and fitness
- Food safety and sanitation
- Preparing and serving nutritious foods

Instructional Philosophy and Delivery Plan

Students will be expected to meet all of the course goals listed in the course syllabus and be able to demonstrate their understanding of basic concepts of each topic/unit area. Students learning styles, interests, and areas of expertise will help to develop and carry out course plans. Students will complete all course requirements at a minimum of a 70% level of specific quality to pass the course.

Instruction will be focused on hands-on activities as well as lecture, discussion, demonstration, guest speakers, and other methods. Technology will also be used as a means of instruction. Students will have opportunities to work individually as well as a member of team to complete projects. Projects will also require students to use academic skills in language arts, math, social sciences, and science. FCCLA projects will be integrated into this course to enhance and promote the mastery level of competency for technical and academic standards.

Student assessment will be based upon daily participation, daily work, test/quizzes, journals, portfolios, presentations, written reports, and demonstration of skills learned. Students will also be assessed on their ability to work as an individual and/or group member.

Community resources will be assessed through speakers, panels, field trips, and student contacts.

Technology resources will be used as methods of instruction as well as in student work and presentations.

Major Course Projects

Students will demonstrate their skills by developing and completing the following projects.

- Creating an informational presentation on the different areas of wellness
- Student presentation on nutrients
- Family research project on nutrition/wellness related diseases
- Timeline of nutritional changes throughout the lifespan
- Food safety WebQuest
- Final project on developing a Healthy Pizza in lab

Assessment Plan and Grading Scale

Students will be assessed in a number of ways, including checklists, essays, journal reflections, quizzes, tests, demonstrations, discussions, presentations/speeches, multimedia presentations, observation, group projects, and rating scales. Points will be awarded for each activity completed. Participation points will also periodically be reward for participate in class discussion and activities. Students will be graded using the following grading scale:

A+	99-100
A	96-98
A-	94-95
B+	92-93
B	89-91
B-	87-88
C+	84-86
C	80-83
C-	77-79
D+	75-76
D	72-74
D-	70-71
F	69-Below

Core Technical Standards

NW 1.1 Apply dietary guidelines to meet nutrition and wellness needs.

NW 1.2 Determine the effects of nutrients on health, appearance, and peak performance.

NW 1.3 Describe the effect of physical activity on health, appearance, and peak performance.

NW 2.1 Apply practices to promote safe food handling.

NW 2.2 Describe food borne illness that cause health issues.

NW 3.1 Explain how the steps in the food-processing system affect nutritional content.

NW 3.2 Evaluate how resources affect nutritional decisions and planning.

NW 3.3 Evaluate how food preparation techniques affect nutrition.

Nutrition and Wellness

Rational

Nutrition and Wellness is a Family and Consumer Sciences course designed to help students develop eating behaviors that will have a positive effect on their current and future lifestyles. The food and physical activity choices teens make today affect their health – how they feel today, tomorrow, and in the future (US Department of Health, 2005). Nutrition and wellness education plays a leading role in helping teens to live healthy lifestyles. Through health promotion teens are able to learn and understand the steps that need to be taken in order to live a healthy life. In the busy lives that today's teens live food choices and exercise are critical components to their healthcare. Healthcare experts have proven that eating healthy and exercising properly help individuals live longer, healthier lives. By providing educational classes in these areas students are able to receive the proper knowledge and information in order to live healthy.

Course Outline

- I. Food Influences
 - a. Physiological influences
 - b. Cultural influences
 - c. Social influences
- II. Nutritional Needs
 - a. Nutrients
 - b. Nutrition needs across the lifespan
 - c. Sources of nutritional information
- III. Food Science and Technology
 - a. Technology
 - b. Food science principles
- IV. Nutrition and Wellness
 - a. Exercise
 - b. Lifestyle choices
 - c. Health impacts
 - d. Areas of wellness
- V. Planning, selecting, storing, preparing and serving meals
 - a. Dietary guidelines
 - b. Food guides
 - c. Food handling
 - d. Food selection
 - e. Preparing food
 - f. Serving food