

HF796O/ Nutrition and Wellness Syllabus

Course Title----- Nutrition and Wellness
Course Number----- HF796O
Grades:----- 09-12
High School Credit Value:----- 0.5
Prerequisites:----- N/A

Course Length:----- Regular courses: 17 weeks
CR: 9-17 weeks.

Course Time:----- Regular courses: 17 week schedule: 75 - 90
minutes per school day (6-7.5 hours per
week)
Credit Retrieval: 75 - 90 minutes per
school day (6-7.5 hours per week) until
course completion.

{ Course Description }

This course will introduce the student to an overview of good nutrition principles that are needed for human physical and mental wellness. Discussion of digestion, basic nutrients, weight management, sports and fitness, and life-span nutrition is included. Application to today's food and eating trends, plus learning to assess for reliable nutrition information is emphasized.

This course helps meet the state minimum requirements of 2.0 Health and Fitness credits in addition it meets the minimum requirements of 1.0 credits in Occupational Education (CTE - CIP 190501). Please check with your district for more specific requirements.

Course Materials:

At home practice of the principles and skills covered is encouraged.

Recommendations for successful participation in this course include:

- **Speakers** to access the audio of the lessons and videos
- **Headset with a microphone** for our live study sessions.
- **Camera/ video camera** to access the audio of the lessons and videos
- **Kitchen and food preparation tools** to access the audio of the lessons and videos
- **Ability to purchase groceries for food lab recipes** to access the audio of the lessons and videos

State Alignments

Washington State Standards guided the design of the course. Learning expectations are found within the course itself.

Priority Standards: PS 1 Analyze potential career choices to determine the knowledge, skills, and attitudes associated with each career. PS 2 Demonstrate leadership and teamwork skills in school, community and workplace settings. PS 3 Analyze and demonstrate conditions and practices that promote safe food handling. PS 4 Identify, maintain, and demonstrate the proper use of cooking and baking equipment. PS 5 Define standardized recipe terminology, including cooking methods and techniques. PS 6 Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing food. PS 7 Demonstrate understanding of the effect of water and phytochemicals on health and diet. PS 8 Demonstrate understanding of the effect carbohydrates on health and diet. PS 9 Demonstrate understanding of the effect of proteins on health and diet PS 10 Demonstrate understanding of the effect of fats on health and diet. PS 11 Demonstrate understanding of the effect of vitamins and minerals on health and diet. PS 12 Analyze the effects of influences on food choices and other nutrition practices. PS 13 Analyze and apply sources of food and nutrition information, including food labels, related to health and wellness. PS 14 Analyze effects of dietary choices on overall health and wellness. PS 15 Develop meal plans based on current dietary recommendations.

Course Outline

Unit	17 weeks	12 Weeks
Introduction	1 Week	.5 Week
Unit 1 (2 Sections)	2 Weeks	1.25 Week
Unit 2 (3 Sections)	3 Weeks	2.25 Weeks
Unit 3 (2 Sections)	2 Weeks	1.25 Weeks
Unit 4(3 Sections)	3 Weeks	2.25 Weeks
Unit 5 (2 Sections)	2 Weeks	1.25 Weeks
Unit 6 (2 Sections)	2 Weeks	1.25 Weeks
Unit 7 (1 section)	1 Week	1.25 Weeks
Comprehensive Final Exam	1 week	.75 Weeks

Course Work

This course consists of Multimedia lessons, discussions, lesson questions/ assignments, projects, food labs, quizzes and tests. All assignments are submitted as attachments through the course assignment pages. All lesson content can be found within the course unit folders. There is a separate file in the unit folder for each assignment, quiz and test. Students can navigate using the tabs or breadcrumbs at the top of the Angel course page.

Grading

This is an interactive course where the final grade will be determined by performance on discussions, assignments, projects, food labs, quizzes and computer scored tests.

While quizzes and tests may only be taken once, other assignments may be revised several times for additional learning and points.

Students can earn full credit for revised work if they communicate and work out a plan with the course instructor. No work submitted the last two weeks of the semester may be revised due to limited time.

Occupational Credit:

This course may qualify for *occupational credit. Please consult your school counselor for further clarification.

*Please note that FLA901 (Sign Language) does not qualify for occupational credit.

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