

Family and Consumer Sciences Education

Nutrition and Wellness 85003550 *Prerequisite: None* *Length: 1 semester* *GL: 9-12* **Credit: 0.5**

This course will prepare students to understand principles of nutrition in relationship to wellness, food choices, food preparation, and food storage. The concepts of meal planning and management are also addressed. Classroom food laboratory activities are an integral part of this course.

Principles of Food Preparation 8500390 *Prerequisite: Nutrition and Wellness* **Length: 1 semester** **GL: 9-12**
Credit: 0.5

Instruction and learning activities are provided in a foods lab using hands-on experiences. Activities provide instruction in the application of the principles of food preparation, food selection and storage. Ethnic, regional and international foods may also be studied and prepared.

Nutrition and Food Science 8801101 *Prerequisite: Nutrition and Wellness and Principals of Food* **Length: 1 year**
GL: 10-12 **Credit: 1.0**

This course provides students with the opportunity to explore foods and technology through a science based curriculum. Instruction and learning activities are conducted in a classroom laboratory setting. Relationships between diet and a healthy body are explored as well as related careers.

Students have the opportunity to take the Certified Food Protection Manager (ServSafe) Industry Certification Exam.