

Nutrition and Wellness **B** Course Topic Outline
Pathway Level: Technical

The following outline is limited to the technical portion of the course competencies. Local schools must ensure that the academic foundations, communication, problem solving, information tech, safety and career development competencies are embedded within the course as well.

Please note, local schools may add to, but not delete from the competencies. Additional content is to be reflected by modifying the competency sheets to reflect the additions. All competency sheets are to be completed by the concentrators and kept on file until notified otherwise.

Technical Content: (sample)

What is Wellness?

- Physical, Emotional, Social, Intellectual Relationship
- Connection to physical activity
- Impact of global events and conditions (food science/food technology/**food availability**)
- Cultural and social influences on food choices (vegetarianism, kosher foods...)
- Legislation and regulations on nutrition/wellness (labeling, inspection, USDA, FDA)
- Role of health care

Nutrition

- Nutrients and functions
- Nutritional needs through the lifespan
- Nutrition impact on health, appearance and performance
- Dieting, special diets, food additions and eating disorders
- Nutritional modifications to address health conditions (early child, senior years, lowering blood pressure, decreasing body fat)
- Accurate food information sources and label reading

Dietary Guidelines **and Practices**

- Dietary plans and menu planning
- Planning for special dietary needs (medical, pregnancy, infants...)
- Basic cooking skills to prevent or improve health/wellness** (prevent obesity, lower high blood pressure)
- Techniques to decrease calories, sodium and/or fat from prepared foods.
- Select, store, prepare and serving nutritious foods

Technology and Nutrition

- Food technology and impact on available foods **and consumer behavior**
- Food processing and storage practices that influence our food selections
- Product development **(analyze process)**
- Technologies role in meeting future food/nutrient needs
- Review public dialogue for accuracy of information (i.e. magazine articles, blogs, web posts)**

Role of advocacy

Nutrition and Wellness Related Careers

Review careers (e.g. nutrition educator, dietitian, food scientist, professional food taster, FACS Educator)

Education

Training

Job outlook (including entrepreneurship opportunities)

Professional Associations