Nutritional Sciences

Career Cluster	Human Services
Course Code	16054
Prerequisite(s)	TBD
Credit	0.5
Graduation Requirement	None
Program of Study and Sequence	Foundation course – Introduction to Human Services – Relationships Across the Lifespan – **Nutritional Sciences** – additional pathway course – capstone experience
Student Organization	FCCLA, Skills USA
Coordinating Work-Based Learning	Certifications: First Aid, Cardio-Pulmonary Resuscitation (CPR), ServSafe Work-Based Learning: Workplace Tours, Job Shadowing, Service Learning
Industry Certifications	(optional) ServSafe, Rserving, Manage First- Nutrition, OSHA 10 Hour Safety Certification
Dual Credit or Dual Enrollment	Potentially though MTI
Teacher Certification	Hospitality & Tourism Cluster Endorsement; Restaurant and Food Service Management Pathway Endorsement; FACS Endorsement; FACS Education
Resources	Postsecondary schools, Rserving, ServSafe, CDC, FDA, FCCLA Nutrition and Wellness STAR Event, FCCLA Sports Nutrition STAR Event

Course Description:

Nutritional Sciences provides an in-depth study of nutrition and how it affects the human body. Topics include extensive study of major nutrients, nutrition/food choice influences, technological and scientific influences, special diets, and career exploration in this field. Attention will be given to nutrition, menu planning, industry based food safety and sanitation. Laboratory experiences will be utilized to develop food handling and preparation skills. Nutritional Sciences is geared toward students interested in careers involving dietetics, education and health and wellness related fields.

Program of Study Application

Nutritional Sciences is a pathway course in the Human Services career cluster, Family and Community Services/Mental Health Services and Early Childhood Development and Services pathways. A student would participate in Introduction to Human Services prior to participation in this course. Nutritional Sciences prepares a student to participate in additional pathway courses in the family and community services/mental health services, or early childhood development and services pathways.

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Course Standards

NS 1 Analyze career paths within food science, food technology, dietetics, and nutrition industries.

Webb Level	*Sub-indicator*	*Integrated Content*
Two Skill/Concept	NS 1.1 Classify skills and educational requirements for employment in dietetics and nutrition field.	Career research, sdmylife website, job shadowing, guest speaker, department of labor, post-secondary school visits.
Three Strategic Thinking	NS 1.2 Differentiate the impact of societal and industry trends on food science, dietetics, and nutrition careers.	Helping clients select from wide variety of products available, crafting products to meet consumer demand, working with variety of people (young, middle age, old).

Notes:

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NS 2 Evaluate nutrition principles, food plans, and specialized dietary plans.

Webb Level	*Sub-indicator*	*Integrated Content*
Four Extended Thinking	NS 2.1 Analyze nutrient requirements across the lifespan addressing the diversity of people.	Considering cultural and religious values
Three Strategic Thinking	NS 2.2 Critique the impact of food choices and trends on health and wellness.	Trends: diet trends such as bringing back good fats, energy drinks, supplements, etc.
Two Skill/Concept	NS 2.3 Construct a modified diet based on nutritional needs and health conditions.	Plan meals for hemophilia, diabetes, high cholesterol, high blood pressure, etc.

Notes

NS 3 Implement practices that promote industry-based safe food handling.

Webb Level	*Sub-indicator*	*Integrated Content*
Two Skill/Concept	NS 3.1 Demonstrate an ability to follow food service management safety and sanitation procedures.	Certifications including: ServSafe, OSHA, Rserving
Two Skill/Concept	NS 3.2 Implement industry standards for documenting, investigating, and reporting foodborne illnesses.	See certifications above

Notes:

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NS 4 Apply food science principles in a laboratory setting to maximize nutrient retention and meet specialized dietary requirements.

Webb Level	*Sub-indicator*	*Integrated Content*
Four Extended Thinking	NS 4.1 Analyze recipe/formula proportions and modifications for specialized diets.	Examples include: remove salt from recipe, modify recipes, reducing fats, specializing diets to health needs (such as gluten free, fat free, etc.)
Four Extended Thinking	NS 4.2 Apply nutrition knowledge to maximize nutrient retention in prepared foods.	Steaming instead of boiling, grilling instead of pan frying, baking instead of frying, washing instead of soaking.

Notes: