

**Course Name:** Foods and Nutrition SDI

**Duration:**  1 Semester  Full Year

**Grade Level:**  9th  10th  11th  12th (check all that apply)

**Are there any prerequisites for the course?**

There are no prerequisites for this course.

**WHAT this course is about:**

This course addresses students' nutritional needs, skills and knowledge for successful nutrition in high school and beyond.

**WHY take this course:**

Hands on skills, knowledge and practice relating to nutrition

**WHAT you'll learn:**

- Nutritional needs
- Food budget
- Kitchen skills, safety, and equipment

**WHAT you'll do:**

Practice kitchen skills, shopping, snacks, planning and preparation

**WHERE this could take you:**

The class will increase nutritional knowledge, awareness now and beyond high school.

**OPTIONAL Course Outline ("scope and sequence", sequence chart, etc.)**

Click or tap here to enter text.