

Course Name: Foods and Nutrition

Duration: 1 Semester Full Year

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

Are there any prerequisites for the course?

No

WHAT this course is about:

In this course, we will learn about food, nutrition, and wellness. In the second semester, we will continue to learn about food and nutrition around the world.

WHY take this course:

Take this course if you want to learn how to cook and eat for your health over the course of your lifetime.

WHAT you'll learn:

- You will learn basic kitchen safety and cooking methods
- You will learn about your nutritional needs and how to prepare food
- You will learn to make food from other cultures

WHAT you'll do:

We will do small projects, investigations into other cultures, some reading every week, and we will cook in the kitchen labs quite a lot.

WHERE this could take you:

This class will help you be able to cook which is a great skill for anyone to have since we all need to eat. You may find that you want to be a nutritionist or a dietician, or maybe you just want to know how to make healthy eating choices.

OPTIONAL Course Outline (“scope and sequence”, sequence chart, etc.)

Click or tap here to enter text.