

Cover Sheet - Planned Course Overview

- A. Planned Course Title: Nutrition Course Number: F722
- B. Grade level: 9-12 Level/Track: Elective
- C. Board Approval Date: August 10, 2010
- D. Instructional Time:
1. Length of course in weeks: 18 weeks
 2. Number of class periods per week: 5
 3. Length of class periods: 42 minutes
 4. Total clock hours/credit for the course: 0.5 credit

- E. List of the units of study within the course and estimated number of class periods or weeks allotted to each:

<u>Unit</u>	<u>Estimated Time</u>
History of the Study of Nutrition	2 weeks
The Six Nutrients	1 week
Carbohydrates	3 weeks
Fats	2 weeks
Proteins	2 weeks
Dietary Needs Throughout the Lifespan	3 weeks
Special Diets and Restrictions	3 weeks
Vitamins, Minerals, and Phytochemicals	2 weeks

- F. The texts or major resources for the course:

Title: Food For Today
Author: Helen Kowtaluk
Publisher: Glencoe/McGraw-Hill
Copyright: 2006

- G. Special Notes: Food labs are integrated throughout the 18-week course. Remedial and enrichment learning opportunities are included.

- H. Names of the committee members who developed the planned course:
Nancy Anderson
Linda Deurer
Genevieve Terpstra

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