

# ***Nutrition and Wellness – High School***

## **Course Description**

This 1/2 credit course will introduce the student to an overview of good nutrition principles that are needed for human physical and mental wellness. Discussion of digestion, basic nutrients, weight management, sports and fitness, and life-span nutrition is included. Application to today's food and eating trends, plus learning to assess for reliable nutrition information is emphasized.

## **Course Objectives**

- } Describe the expanding role and need for good Nutrition in Human physical and mental wellness.
- } Identify and be able to apply good Nutrition and food safety information sources available.
- } Outline the processes of digestion, absorption and metabolism and how major nutrients are processed in the body.
- } Define basic components of Carbohydrates, Proteins, and Fats and what forms and functions that they have in human metabolism.
- } Describe general function of Vitamins, Minerals, and Fluids and relate these to body health needs.
- } Complete body size measurements and explain influences on weight management in today's world.
- } Use a wellness and critical thinking approach to evaluate current weight control programs and body image influences.
- } Identify the nutritional processes involved in physical fitness and stress.
- } Discuss the relationship of nutrition to athletic performance and sports related dietary supplements.
- } Identify and apply wellness and nutrition principles throughout the human life cycle.

## **PREREQUISITES**

None

## **COURSE LENGTH**

One semester

## **REQUIRED TEXT**

No required textbook for this course.

## **MATERIALS LIST**

No required materials for this course.

## **COURSE OUTLINE**

### **Unit 1** Course Introduction

- } Section 1 - Course Introduction: Nutrition and Wellness

} Section 2 - Getting Started

} Section 3 - Research Paper

**Unit 2** Wellness and Food Choices in Today's World

} Section 1 - Wellness and Food Choices in Today's World: Introduction

} Section 2 - Influences in Food Habits and Consumption Trends

} Section 3 - Food Selection Guides and Evaluations

} Section 4 - Reading Food Labels

} Section 5 - Foodborne Illness and Safety of Food Supply

} Section 6 - Community Sources of Nutrition and Wellness

} Section 7 - Exam Preparation

**Unit 3** Digestion and Major Nutrients

} Section 1 - Digestion and Major Nutrients: Introduction

} Section 2 - Digestion, Absorption, and Metabolism

} Section 3 - Carbohydrates

} Section 4 - Fats

} Section 5 - Proteins

} Section 6 - Vitamins

} Section 7 - Minerals

} Section 8 - Fluids and Hydration

} Section 9 - Exam Preparation and Exam

**Unit 4** Body Size and Weight Management

} Section 1 - Body Size and Weight Management: Introduction

} Section 2 - Calculating and Interpreting Body Measurements

} Section 3 - Function and Regulation of Body Fat Levels

} Section 4 - Culture, Body Image, and Genetics

} Section 5 - Evaluating Diet Programs and Products

} Section 6 - Eating Disorders

} Section 7 - Developing a Wellness Approach to Body Size

} Section 8 - Exam Preparation and Exam

**Unit 5** Physical Fitness, Sports Nutrition, and Stress

} Section 1 - Physical Fitness, Sports Nutrition, and Stress: Introduction

} Section 2 - Nutrient and Energy Pathways

} Section 3 - Fitness and Physical Activity in Wellness

} Section 4 - Athletic Performance and Nutritional Needs

} Section 5 - Use of Diet Supplements and Ergonomic Aids in Sports

} Section 6 - Body Response and Nutrition Changes in Stress

} Section 7 - Exam Preparation and Exam

**Unit 6** Life Cycle Nutrition

} Section 1 - Life Cycle Nutrition

} Section 2 - Pregnancy and Breastfeeding

} Section 3 - Infants

} Section 4 - Childhood

} Section 5 - Adolescent

} Section 6 - Adulthood

◆ Section 7 - Frail Elderly

◆ Section 8 - Exam Preparation and Exam