

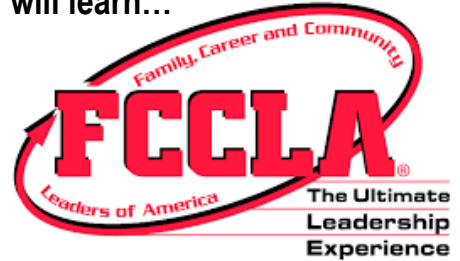
## **Nutrition and Food Science Pathway**

Are you interested in learning basic cooking skills? Maintaining a healthy weight? Increasing your energy level? Boosting your immune system? Reducing the risk of certain diseases?

Or maybe you just want to have fun, meet new people, learn something new, and try new foods.

### **In the Nutrition and Food Science career pathway you will learn...**

- Kitchen Equipment and Kitchen Terminology
- Food Safety and Sanitation
- How to Cook Healthy and Nutritious Meals
- Healthy Eating Habits to last a lifetime
- And so much more!!!



### **Food, Nutrition & Wellness:**

Food, Nutrition and Wellness is the foundational course in the nutrition and food science pathway. The focus of the course is centered on healthy food and lifestyle choices. Students will investigate the interrelationship of food, nutrition and wellness to promote good health.

Mastery of standards through project-based learning, technical skills practice, and leadership development activities of Family, Career and Community Leaders of America (FCCLA) will provide students with a competitive edge for either entry into the education global marketplace and/or the post-secondary institution of their choice to continue their education and training.

### **Food for Life:**

Food for Life is an advanced course in food and nutrition that addresses the variation in nutritional needs at specific stages of the human life cycle: lactation, infancy, childhood, adolescence, and adulthood including elderly. The most common nutritional concerns, their relationship to food choices and health status and strategies to enhance well-being at each stage of the lifecycle are emphasized. This course provides knowledge for real life and offers students a pathway into dietetics, consumer foods, and nutrition science careers with additional education at the post-secondary level.

### **Food Science:**

Food science integrates many branches of science and relies on the application of the rapid advances in technology to expand and improve the food supply. Students will evaluate the effects of processing, preparation, and storage on the quality, safety, wholesomeness, and nutritive value of foods. Building on information learned in Nutrition and Wellness and Chemistry, this course illustrates scientific principles in an applied context, exposing students to the wonders of the scientific world. Related careers will be explored.

### **Related Pathway Occupations:**

Dietitians & Nutritionists, Food Scientist & Technologists, Dietetic Technicians, Fitness & Wellness Coordinators, Food Service Managers

**If you are interested in joining this pathway, please see Mrs. Moore and Ms. Moran**

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