Careers in Nutrition

Keeping Everyone Healthy
Bright Future

Many job opportunities due to

- Childhood obesity
- Overweight adults
- Digestive diseases
- Food onset illnesses (diabetes type2)
- Exercise and fitness, and for
- Overall good health

Explain to students that careers in nutrition are growing for several reasons. Our nation is concerned with childhood obesity, adult obesity, digestive diseases, food onset illnesses such as diabetes type 2, for exercising and many people now want to be fit and healthy.
Nutrition Professionals

Can
- Teach health
- Work with a health care team
- Help a restaurant chain improve meal nutrition
- Develop nutritious foods
- Write nutrition updates for media

Work
- Hospitals
- Schools and child care centers
- Nursing homes
- Government agencies
- Privately owned businesses

Explain to students that nutrition professionals are in demand across the country. They can teach, research, assist, and write. They can work in many places as well. Government agencies would include the WIC program, Lone Star, Veterans administration, etc.
View short video from the American Dietetics Association website about dieticians.

ADA Careers in Dietetics - The Sky Is the Limit
Careers in Dietetics The Sky Is the Limit

The other link is from the Texas Cares/Texas Workforce Commission. At the video screen, click on the occupations tab, scroll down to Dietetic Technicians.
### Career Goals

**Long term**
- Make a career plan
- Follow your career plan
- Review and update career plan as needed

**Short term**
- Learn more
- Develop related skills
- Practice skills
- Get experience
- Gain education and training

http://www.isseek.org/careers/careergoals.html

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This site is from Minnesota but covers the TEKS objective well.

After reviewing the slide, pass out the Venn diagram on Career goals and have students fill out the circles with their personal career goals.
Check with your school library to see if your school subscribes to these online databases. This is a good opportunity for your students to begin using these databases so that they will become familiar with them before they go to college.
List of careers is located in page 3 of graphic organizer. Print templates before class if possible, double sided on cardstock paper.
Careers include, but are not limited to:

- Dietary Supervisor
- Dietitian
- Food Services Coordinator
- Institutional Food Services and Food Sales
- Medical Food Service Director
- Nutrition Coordinator
- Nutrition Educator
- Nutrition Writer/Reporter
- Weight Loss Reduction Specialist

Can you think of any others?
References/Resources

Textbook:

Websites:
- American Diabetic Association
  The world's largest organization of food and nutrition professionals.
  [http://www.eatright.org](http://www.eatright.org)
- Texas Cares
  A product of the Texas Workforce Commission/Labor Market and Career Information
- United States Department of Labor
  Bureau of Labor Statistics