



## Scope and Sequence

TEA does not endorse any of the external products, vendors, consultants, or documentation referenced in this document. Any mention of vendors, products, or services is for informational purposes only.

**Cluster:** Human Services

**Course Name:** §130.245 Lifetime Nutrition and Wellness (One-Half to One Credit)

**Course Description:** (1) This laboratory course allows students to use principles of lifetime wellness and nutrition to help them make informed choices that promote wellness as well as pursue careers related to hospitality and tourism, education and training, human services, and health sciences.

(2) Students are encouraged to participate in extended learning experiences such as career and technical student organizations and other leadership or extracurricular organizations.

**Course Requirements:** This course is recommended for students in grades 10-12. Recommended prerequisite: Principles of Human Services, Principles of Hospitality and Tourism, Principles of Health Science, or Principles of Education and Training.

**Recommended Equipment**

Units of Study	Knowledge and Skills	Student Expectations	Resources (key on last page)
<b>I. Effective Work Habits</b>			
A. Teamwork  B. Time management  C. Problem solving	(6) The student demonstrates effective work habits.	(A) participate as an effective team member demonstrating cooperation and responsibility  (B) apply effective practices for managing time and energy to complete tasks on time  (C) practice problem solving using leadership and teamwork skills	<ul style="list-style-type: none"> <li>• FSTCC</li> <li>• FSTTIG</li> <li>• FT</li> <li>• NFSCC</li> <li>• NFSTIG</li> </ul>
<b>II. General Nutrition Principles</b>			
A. Nutrients  B. Affects of nutrition  C. Dietary guidelines	(1) The student understands the role of nutrients in the body.	(A) classify nutrients, their functions, and food sources and compare the nutritive value of various foods  (B) assess the effects of nutritional intake on health, appearance, effective job performance, and personal life  (C) analyze and apply various dietary guidelines throughout the life cycle, including pregnancy, infancy, childhood, and late adulthood  (D) compare personal food intake to recommended dietary guidelines	<ul style="list-style-type: none"> <li>• FSTCC</li> <li>• FSTTIG</li> <li>• FT</li> <li>• GGF</li> <li>• NFF</li> <li>• NFSCC</li> <li>• NFSTIG</li> <li>• NW</li> <li>• American Dietetic Association <a href="http://www.eatright.org">www.eatright.org</a></li> <li>• Institute of Food Technologists <a href="http://www.ift.org">www.ift.org</a></li> <li>• My Pyramid <a href="http://www.mypyramid.org">www.mypyramid.org</a></li> <li>• U.S. Department of Agriculture <a href="http://www.usda.gov">www.usda.gov</a></li> <li>• USDA Center for Nutrition Policy and Promotion <a href="http://www.cnpp.usda.gov">www.cnpp.usda.gov</a></li> <li>• USDA Food &amp; Nutrition Information Center <a href="http://www.fnict.nal.usda.gov/nal_display/index.php?info_center=4&amp;tax_level=1">www.fnict.nal.usda.gov/nal_display/index.php?info_center=4&amp;tax_level=1</a></li> </ul>

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<b>III. Food Safety and Sanitation</b>			
<p>A. Food and equipment</p> <p>B. Food-borne illnesses</p> <p>C. Hygiene</p>	<p>(4) The student understands safety and sanitation.</p>	<p>(A) demonstrate safe and sanitary practices in the use, care, and storage of food and equipment</p> <hr/> <p>(B) explain types and prevention of food-borne illnesses</p> <hr/> <p>(C) practice appropriate dress and personal hygiene in food preparation</p>	<ul style="list-style-type: none"> <li>• FSTCC</li> <li>• FSTTIG</li> <li>• FT</li> <li>• GGF</li> <li>• NFF</li> <li>• NFSCC</li> <li>• NFSTIG</li> <li>• NW</li> <li>• Centers for Disease Control and Prevention <a href="http://www.cdc.gov">www.cdc.gov</a></li> <li>• Fight Bac <a href="http://www.fightbac.org">www.fightbac.org</a></li> <li>• Food Safety <a href="http://www.foodsafety.gov">www.foodsafety.gov</a></li> <li>• Institute of Food Science and Technology <a href="http://www.ifst.org">www.ifst.org</a></li> <li>• U.S. Food and Drug Administration <a href="http://www.fda.gov/Food/default.htm">www.fda.gov/Food/default.htm</a></li> <li>• U.S. Food Safety and Inspection Service <a href="http://www.fsis.usda.gov">www.fsis.usda.gov</a></li> </ul>

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<b>IV. Food Management Principles</b>			
<p>A. Recipes and measurements</p> <p>B. Preparation techniques</p> <p>C. Purchasing and storage strategies</p> <p>D. Table service, presentation, and etiquette</p>	<p>(5) The student demonstrates knowledge of food management principles.</p>	<p>(A) read and comprehend standard recipes</p> <p>(B) correctly use standard measuring techniques and equipment</p> <p>(C) demonstrate correct food preparation techniques, including nutrient retention</p> <p>(D) use food buying strategies such as calculating food costs, planning food budgets, and creating grocery lists</p> <p>(E) demonstrate food preparation techniques to reduce overall fat and calories</p> <p>(F) practice etiquette, food presentation, and table service appropriate for specific situations</p> <p>(G) apply food storage principles</p>	<ul style="list-style-type: none"> <li>• FSTCC</li> <li>• FSTTIG</li> <li>• FT</li> <li>• GGF</li> <li>• NFSCC</li> <li>• NFSTIG</li> <li>• NW</li> <li>• American Culinary Federation <a href="http://www.acfchefs.org">www.acfchefs.org</a></li> <li>• American Society of Baking <a href="http://www.asbe.org">www.asbe.org</a></li> <li>• Centers for Disease Control and Prevention <a href="http://www.cdc.gov">www.cdc.gov</a></li> <li>• What's Cooking America - Food Storage Chart <a href="http://www.whatscookingamerica.net/Information/FreezerChart.htm">www.whatscookingamerica.net/Information/FreezerChart.htm</a></li> </ul>

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<b>V. Digestion and Metabolism</b>			
<p>A. Process of digestion and metabolism</p> <p>B. Physical activity and fitness</p> <p>C. Balance of caloric intake and use</p>	(2) The student understands the principles of digestion and metabolism.	<p>(A) describe the processes of digestion and metabolism</p> <hr/> <p>(B) calculate and explain basal and activity metabolisms and factors that affect each</p> <hr/> <p>(C) apply knowledge of digestion and metabolism when making decisions related to food intake and physical fitness</p> <hr/> <p>(D) locate community resources that promote physical activity and fitness</p> <hr/> <p>(E) explain the relationship of activity levels and caloric intake to health and wellness, including weight management</p>	<ul style="list-style-type: none"> <li>• FSTCC</li> <li>• FSTTIG</li> <li>• FT</li> <li>• GGF</li> <li>• NFF</li> <li>• NFSCC</li> <li>• NFSTIG</li> <li>• NW</li> <li>• American Dietetic Association <a href="http://www.eatright.org">www.eatright.org</a></li> <li>• American Heart Association <a href="http://www.heart.org/HEARTORG">www.heart.org/HEARTORG</a></li> <li>• Institute of Food Science and Technology <a href="http://www.ifst.org">www.ifst.org</a></li> <li>• Kids Health <a href="http://www.kidshealth.org">www.kidshealth.org</a></li> <li>• My Pyramid <a href="http://www.mypyramid.gov">www.mypyramid.gov</a></li> <li>• Nutrition <a href="http://www.nutrition.gov">www.nutrition.gov</a></li> <li>• U.S. Department of Agriculture <a href="http://www.usda.gov">www.usda.gov</a></li> <li>• U.S. Food and Drug Administration <a href="http://www.fda.gov/Food/default.htm">www.fda.gov/Food/default.htm</a></li> </ul>

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<b>VI. Lifetime Effects of Nutrition and Wellness</b>			
<p>A. Effects of food choices</p> <p>B. Nutritional needs for life cycle and lifestyle</p> <p>C. Nutrition content and portion sizes</p>	<p>(3) The student demonstrates knowledge of nutritionally balanced diets.</p>	<p>(A) research the long-term effects of food choices</p> <p>(B) outline strategies for prevention, treatment, and management of diet-related diseases such as diabetes, hypertension, childhood obesity, anorexia, and bulimia</p> <p>(C) determine the effects of food allergies and intolerances on individual and family health</p> <p>(D) plan diets based on life cycle, activity level, nutritional needs, portion control, and food budget</p> <p>(E) develop examples of therapeutic diets</p> <p>(F) analyze advertising claims and fad diets with the recommendations of the Recommended Dietary Allowances</p> <p>(G) analyze current lifestyle habits that may increase health risks</p> <p>(H) identify community programs that provide nutrition and wellness services</p> <p>(I) examine the nutritional value of fast foods and convenience foods</p> <p>(J) read and interpret food labels</p> <p>(K) examine and explain nutritional serving sizes</p>	<ul style="list-style-type: none"> <li>• FSTCC</li> <li>• FSTTIG</li> <li>• FT</li> <li>• GGF</li> <li>• NFF</li> <li>• NFSCC</li> <li>• NFSTIG</li> <li>• NW</li> <li>• American Dietetic Association <a href="http://www.eatright.org">www.eatright.org</a></li> <li>• American Diabetes Association <a href="http://www.diabetes.org">www.diabetes.org</a></li> <li>• American Heart Association <a href="http://www.heart.org/HEARTORG">www.heart.org/HEARTORG</a></li> <li>• Food Allergy Network <a href="http://www.foodallergy.org">www.foodallergy.org</a></li> <li>• International Food Information Council <a href="http://www.foodinsight.org">www.foodinsight.org</a></li> <li>• My Pyramid <a href="http://www.mypyramid.gov">www.mypyramid.gov</a></li> <li>• Nutrition <a href="http://www.nutrition.gov">www.nutrition.gov</a></li> <li>• USDA Center for Nutrition Policy and Promotion <a href="http://www.cnpp.usda.gov">www.cnpp.usda.gov</a></li> <li>• USDA Food &amp; Nutrition Information Center <a href="http://www.fnics.nal.usda.gov/nal_display/index.php?info_center=4&amp;tax_level=1">www.fnics.nal.usda.gov/nal_display/index.php?info_center=4&amp;tax_level=1</a></li> <li>• World Health Organization <a href="http://www.who.int/en">www.who.int/en</a></li> </ul>

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<b>VII. Careers in Nutrition</b>			
<p>A. Training and education</p> <p>B. Setting goals</p> <p>C. Entrepreneurship</p>	(7) The student investigates careers in nutrition.	<p>(A) compare and contrast education or training needed for careers in nutrition</p> <hr/> <p>(B) establish personal short-term and long-term career goals</p> <hr/> <p>(C) analyze entrepreneurial opportunities in nutrition</p>	<ul style="list-style-type: none"> <li>• FSTCC</li> <li>• FSTTIG</li> <li>• FT</li> <li>• GGF</li> <li>• NFF</li> <li>• NFSCC</li> <li>• NFSTIG</li> <li>• NW</li> <li>• Americas Career InfoNet <a href="http://www.acinet.org/acinet">www.acinet.org/acinet</a></li> <li>• Family, Career, and Community Leaders of America <a href="http://www.fcclainc.org">www.fcclainc.org</a></li> <li>• Labor Market and Career Information <a href="http://www.lmci.state.tx.us">www.lmci.state.tx.us</a></li> <li>• O*Net Online <a href="http://www.onetonline.org">www.onetonline.org</a></li> <li>• Family, Career, and Community Leaders of America - TEXAS <a href="http://www.texasfccla.org">www.texasfccla.org</a></li> <li>• Texas OSCAR <a href="http://www.ioscar.org/tx">www.ioscar.org/tx</a></li> <li>• Texas Workforce Commission</li> <li>• U.S. Department of Labor <a href="http://www.dol.gov">www.dol.gov</a></li> <li>• U.S. Department of Labor 0-Occupational Outlook Handbook <a href="http://www.bls.gov/oco">www.bls.gov/oco</a></li> </ul>

Units of Study	Knowledge and Skills	Student Expectations	Resources (key on last page)
<b>References: Books</b>			
<b>FSTCC</b>	Food Science and Technology Curriculum Caddy, CEV Multimedia, Ltd, 2004		ISBN: 1569186839
<b>FSTTIG</b>	Food Science and Technology Teacher's Instructional Guide, Curriculum Center for FCS, 2007		<a href="http://www.depts.ttu.edu/hs/ccfcs/">www.depts.ttu.edu/hs/ccfcs/</a>
<b>FT</b>	Food for Today, Glencoe/McGraw-Hill Division, 2004		ISBN: 0078462924
<b>GGF</b>	Guide to Good Food, Goodheart-Willcox, 2004		ISBN: 1590701070
<b>NFF</b>	Nutrition, Food, and Fitness, Goodheart-Willcox Company, 2004		ISBN: 1566379334
<b>NFSCC</b>	Nutrition and Food Science Curriculum Caddy, CEV Multimedia, Ltd.,2004		ISBN: 1569186847
<b>NFSTIG</b>	Nutrition and Food Science Teacher's Instructional Guide, Curriculum Center for FCS, 2001		<a href="http://www.depts.ttu.edu/hs/ccfcs/">www.depts.ttu.edu/hs/ccfcs/</a>
<b>NW</b>	Nutrition and Wellness, Glencoe/McGraw-Hill Division, 2004		ISBN: 0078463327
<b>References: Websites</b>			
America's Career Infonet	<a href="http://www.acinet.org/acinet/Culinary">www.acinet.org/acinet/Culinary</a>		
American Culinary Federation	<a href="http://www.acfchefs.org">www.acfchefs.org</a>		
American Diabetes Association	<a href="http://www.diabetes.org">www.diabetes.org</a>		
American Dietetic Association	<a href="http://www.eatright.org">www.eatright.org</a>		
American Heart Association	<a href="http://www.americanheart.org">www.americanheart.org</a>		
American Society of Baking	<a href="http://www.asbe.org">www.asbe.org</a>		
Centers for Disease Control and Prevention	<a href="http://www.cdc.gov">www.cdc.gov</a>		
Food Allergy Network	<a href="http://www.foodallergy.org">www.foodallergy.org</a>		
Fight Bac	<a href="http://www.fightbac.org">www.fightbac.org</a>		
Family, Career, and Community Leaders of America	<a href="http://www.fcclainc.org">www.fcclainc.org</a>		
Food & Drug Administration	<a href="http://www.fda.gov">www.fda.gov</a>		
Foodsafety.gov	<a href="http://www.foodsafety.gov">www.foodsafety.gov</a>		
International Food Information Council	<a href="http://www.ific.org">www.ific.org</a>		
Institute of Food Science and Technology	<a href="http://www.ifst.org">www.ifst.org</a>		
Institute of Food Technologists	<a href="http://www.ift.org">http://www.ift.org</a>		
Kids Health	<a href="http://www.kidshealth.org/kid">www.kidshealth.org/kid</a>		



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Labor Market and Career Information	<a href="http://www.lmci.state.tx.us">www.lmci.state.tx.us</a>		
MyPyramid.gov	<a href="http://www.mypyramid.gov">www.mypyramid.gov</a>		
Nutrition.gov	<a href="http://www.nutrition.gov">www.nutrition.gov</a>		
O*Net Online	<a href="http://www.online.onetcenter.org">www.online.onetcenter.org</a>		
Family, Career, and Community Leaders of America -TEXAS	<a href="http://www.texasfccla.org">www.texasfccla.org</a>		
Texas OSCAR	<a href="http://www.ioscar.org/tx">www.ioscar.org/tx</a>		
Texas Work Force Commission	<a href="http://www.texasworkforce.org">www.texasworkforce.org</a>		
U.S. Department of Agriculture	<a href="http://www.usda.gov">www.usda.gov</a>		
U.S. Department of Labor	<a href="http://www.dol.gov">www.dol.gov</a>		
U.S. Food and Drug Administration	<a href="http://www.fda.gov/Food/default.htm">www.fda.gov/Food/default.htm</a>		
U.S. Food Safety and Inspection Service	<a href="http://www.fsis.usda.gov">www.fsis.usda.gov</a>		
USDA Center for Nutrition Policy and Promotion	<a href="http://www.cnpp.usda.gov">www.cnpp.usda.gov</a>		
USDA Food & Nutrition Information Center	<a href="http://www.fnic.nal.usda.gov">www.fnic.nal.usda.gov</a>		
U.S. Department of Labor - Occupational Handbook	<a href="http://www.bls.gov/oco">www.bls.gov/oco</a>		
What's Cooking America - Food Storage Chart	<a href="http://www.whatscookingamerica.net">www.whatscookingamerica.net</a>		
World Health Organization	<a href="http://www.who.int/en">www.who.int/en</a>		