

# Nutrition and Wellness Course Syllabus

## Nutrition & Wellness

Learn how to fuel your body, maintain your emotional and physical health, and find your way around the grocery store and kitchen in Nutrition and Wellness. This course prepares you for a healthy life and provides you with the essential skills you need to plan and make healthy and delicious meals for you, your family, and your friends. You'll learn how to budget for your meals, shop for groceries, and fit cooking into a busy schedule of school, work, and other responsibilities.

### Unit 1: Understanding Your Nutritional Needs

Food is fuel for your body, and you need to pick the right kind of fuel for your body to run its best. In this unit, you will learn how to calculate your nutritional needs, including calories and how many servings you need of different types of foods. You'll have the opportunity to think about what you eat and what you should eat to feel your best. You'll also learn a little about physical activity. Physical activity forms a key component of overall wellness and is an essential addition to a lifelong plan to be strong, fit, and healthy. With a smart plan for nutrition and wellness, you won't be running on empty.

#### What will you learn in this unit?

- Recognize the appropriate caloric intake for your size and activity level.
- Understand how many servings of different foods you need daily.
- Plan a varied diet over the course of a week.
- Determine how to integrate physical activity into your daily life.

### Unit 2: The Science of Nutrition & Wellness

There are many different ideas about nutrition and wellness. How do you know what's right? It's all about the science of nutrition and wellness. In this unit, you will learn how scientists study nutrition and wellness, and why it matters to you. You'll learn about the health issues connected to nutrition and wellness, and what we know about improving health through nutrition and physical activity. And you'll learn about the body mass index, metabolic rates, and how you can use technology to make smarter nutritional choices. This information will make you better able to make good choices for yourself, whether you're in gym class, the cafeteria line, or sitting at home on a Saturday afternoon.

#### What will you learn in this unit?

- Explain the scientific method.
- Recognize how the scientific method is used in nutrition and wellness studies.
- Understand how obesity impacts health and wellness.
- Comprehend the importance of physical activity.

### **Unit 3: The Eight Dimensions of Wellness**

Happy, content, fulfilled. These words are all used to describe an overall sense of well-being, or wellness, throughout your life. In this unit, you will learn about the aspects of wellness. Wellness isn't confined to good nutrition and exercise. It includes how you feel, how you relate to other people, whom you interact with, where you work, and much more. Each aspect of wellness is important for you to live a happy and fulfilling life. Wellness can be divided into eight separate areas, or dimensions. You'll learn what each of these dimensions is and how you can change your behavior to improve that dimension of wellness.

#### **What will you learn in this unit?**

- Identify the eight dimensions of wellness.
- Recognize ways to apply those dimensions of wellness to your own life.
- Understand the importance of nutrition to your overall well-being.
- Discuss common eating disorders.

### **Unit 4: Savvy Shopping & Meal Planning**

Look down the aisles of your grocery store. How do you know what to buy? How do you know if you're getting a good value for your money when you shop? In this unit, you'll learn about budgeting for food, shopping strategies, and meal planning. With these skills, you can keep your spending down and eat healthy and delicious meals. You'll also reduce food waste and save yourself time and energy!

#### **What will you learn in this unit?**

- Make a reasonable food budget.
- Create a meal plan.
- Make a shopping list.
- Decide when and where to grocery shop.

### **Unit 5: Staying Smart & Safe in the Kitchen**

The kitchen is home to more potential dangers than any other room of your house. Cuts, falls, food poisoning—the kitchen can create all sorts of problems if you're not careful. Learning how to manage and prevent those dangers is an essential part of becoming a good and safe cook to feed yourself and others. In this unit, you'll learn how to keep your kitchen clean and free of pests, how to handle a knife safely, and how to store and cook food to prevent food-borne illnesses.

#### **What will you learn in this unit?**

- Store food properly.
- Decide when food is safe to eat.
- Recognize potential dangers in the kitchen.

- Prevent food-borne illness.

## **Nutrition & Wellness Midterm Exam**

- Review information acquired and mastered from this course up to this point.
- Take a course exam based on material from the first five units in this course (Note: You will be able to open this exam only one time.)

## **Unit 6: Preparing Fruits & Vegetables**

Vegetables and fruits should make up a large portion of your diet, but many people overlook these delicious and healthy foods. Filling your plate with nutrient-rich and high-fiber fruits and vegetables keeps you healthy, fuels your body, and helps you to maintain a healthy weight. Learning how to prepare and cook these foods can keep you healthy as well, enable you to experiment in the kitchen, and allow you to begin to develop cooking confidence. Get over your fears of Brussels sprouts and papaya. Tackle the tomatoes. And embrace the eggplant!

### **What will you learn in this unit?**

- Wash and chop fruits and vegetables.
- Recognize different cooking methods.
- Use what you have learned to begin cooking with fruits and vegetables.
- Combine fruits and vegetables with different herbs and spices to make delicious dishes.

## **Unit 7: Cooking with Dairy & Eggs**

It's time to embrace new foods and new cooking techniques as you master dairy and egg cooking. This isn't all about milkshakes and ice cream—it's also delicate scrambled eggs and healthy, creamy yogurt. In this unit, you'll learn about dairy products and eggs, and you'll be ready to start cooking with these foods in your own kitchen. Though most of what you'll learn is healthy, you'll also learn how to make some treats, including homemade ice cream!

### **What will you learn in this unit?**

- Shop for dairy products and make the best choices for your nutritional and cooking needs.
- Understand what probiotics and lactose are.
- Identify the nutritional values and differences in dairy and egg products.
- Recognize different ways to cook eggs and prepare scrambled eggs.

## **Unit 8: Cooking with Meats, Poultry, Fish, Beans, & Nuts**

What's on your BBQ tonight? You've tackled fruits and vegetables, dairy and eggs—now, it's time to handle meats, poultry, fish, and vegetarian protein sources, such as beans and nuts. In this unit, you'll learn how to cook these foods to use in a variety of ways, and how to make the most

of cheaper foods, such as dry beans or inexpensive cuts of meat. Simple cooking formulas will get you started, and your own creativity will let you make an assortment of delicious dishes.

### **What will you learn in this unit?**

- Recognize different cuts of meat and poultry.
- Understand and identify different seasoning blends.
- Prepare basic meat, poultry, and fish dishes.
- Be able to cook and use dry beans.

## **Unit 9: Grains, Breads & Baking**

From the bread for your PB&J to the rice with your General Tso's chicken, grains make up a significant part of nearly every diet, whether it's a healthy one or not. For a healthy diet, choose whole grains rather than refined ones. Eating a diet rich in whole grains keeps you healthier, but it does require you knowing how to cook those grains. In this unit, you'll learn how to cook different grains and learn a little bit about baking as well.

### **What will you learn in this unit?**

- Identify a variety of different grains.
- Choose grains for your meals.
- Cook grains without relying on convenience foods.
- Handle basic baking tasks.

## **Unit 10: Mastering Moderation: Creating a Smart Strategy for Healthful Eating**

Maintaining good health throughout your life takes work, but you're already on your way. You've learned the beginnings of the kitchen know-how you need to prepare healthy meals, and you have a good understanding of which foods are healthy and which ones aren't. In this unit, you'll learn how to translate those skills into lasting healthy habits that can stay with you throughout your life. These include how to plan meals for your changing needs, and your changing body, as well as ways to manage stress and keep your diet smart and focused throughout your life.

### **What will you learn in this unit?**

- Understand emotional eating.
- Recognize changing nutritional needs.
- Employ mindful eating strategies.
- Form lasting healthy habits.

## **Nutrition & Wellness Final Exam**

- Review information acquired and mastered from this course up to this point.

- Take a course exam based on material from units six to ten in this course – the last five units. (Note: You will be able to open this exam only one time.)

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