

Course Syllabus

Carone Learning Category: Lifestyle

Subject: Health/Elective

Recommended Grade Level: 9-12

Course Credit: One semester, 0.5 credits (5 units in CA)

Recommended Pre-Requisites: None

Course Description

This course takes students through a comprehensive study of nutritional principles and guidelines. Students will learn about world-wide views of nutrition, nutrient requirements, physiological processes, food labeling, healthy weight management, diet-related diseases, food handling, nutrition for different populations, and more. Students will gain important knowledge and skills to aid them in attaining and maintaining a healthy and nutritious lifestyle.

Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Nutrition Basics**
 - 1.1 Nutrition & Health
 - 1.2 Diet & Digestion
- **Unit 2: Energy Nutrients**
 - 2.1 Carbohydrates
 - 2.2 Protein
 - 2.3 Fats
- **Unit 3: Non-Energy Nutrients**
 - 3.1 Water & Vitamins
 - 3.2 Minerals & Supplements
- **Unit 4: Energy Balance**
 - 4.1 Weight Management
 - 4.2 Healthy Choices
 - 4.3 Nutrition & Fitness
- **Unit 5: Disorders & Diseases**
 - 5.1 Eating Disorders, Allergies, & Alcohol
 - 5.2 Nutrition Related Diseases
- **Unit 6: Consumer Nutrition**
 - 6.1 Consumer Nutrition
 - 6.2 Food Preparation
- **Unit 7: Nutrition for Life**
 - 7.1 Nutrition Across a Lifespan

Within each section students will find the following tasks to view or complete:

1. **Checklist**—an outline of tasks for that section

Nutrition

2. **Lessons**—multimedia online lesson(s) about the section topic
3. **Field Trip**—links to other online sites with additional nutrition information
4. **Reflection***—a journal reflecting on food intake and nutrition
5. **Discussion***—class discussion on an assigned topic
6. **Assignment***—section assignment
7. **Vocab Check**—a practice exercise to test your knowledge of vocabulary
8. **Quiz***—quiz covering information from the lessons

The items noted with an asterisk above are those that must be submitted for a grade. A unit exam will be found at the end of every unit, as well as a comprehensive final exam at the end of the course.

Pacing

There are 16 sections in this course. Each section is designed to be completed in about one week's time. However, students may take more or less time as needed. A recommended pacing guide is provided within the course.

Parent & Teacher Guides

Parent and teacher guides available.

Materials

There are no required materials for this course.

Technical Requirements

An internet connection and computer or tablet hardware is required. Software requirements include a PDF reader, word-processing application (such as Word), MP4/video player, and Flash player (optional). Free downloadable software is available for each of these.