

COURSE: FOOD PREPARATION AND NUTRITION

### OVERVIEW OF COURSE

#### **Goal**

The purpose of this course is to provide students with in-depth experience in the selection and preparation of food for good nutrition, and health and career exploration in the field of food and nutrition.

#### **Description**

Food Preparation and Nutrition is a half-unit course intended as a follow-up to the concepts studied in the Food and Nutrition Core. Seventy-five percent of this course should include the preparation of nutritious food products. Although the course is organized with more of the academic work in the beginning, it is intended that the laboratory experiences will dovetail the learnings outlined in the latter section. Laboratory experiences will reinforce the need to reduce fats, salts, and sugars and increase complex carbohydrates, vitamins, and minerals in the diet.

#### **Skills, Knowledge, and Behaviors to be Developed**

The ability to:

1. Describe the role of food in growth, maintenance and functioning of the body.
2. Explain the factors that must be considered in making a plan for weight loss, weight gain, and weight maintenance.
3. Perform the basic skills and techniques of food preparation.
4. Apply nutrition concepts to daily living.
5. Explore the employment opportunities related to food preparation and nutrition.
6. Apply the steps of the decision-making process in selecting and preparing food for good nutrition and health, and weighing personal career opportunities in food preparation and nutrition.