

Food, Wellness, and Dietetics CTE Program

Food and Nutrition

Course Code:	1 Credit
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Prerequisite: None	Course Fee: \$25
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A course whose topics include the impact of daily nutrition and wellness practices on long-term health and wellness; physical, social, and psychological aspects of healthy nutrition and wellness choices; selection and cooking of nutritious meals and snacks based on United States Department of Agriculture (USDA) Dietary Guidelines; safety, sanitation, storage, and recycling processes and issues associated with nutrition and wellness; impacts of science and technology on nutrition and wellness issues; and nutrition and wellness career paths. This course will serve as the prerequisite course for the Food, Wellness, and Dietetics Pathway.

Sports Nutrition

Course Code:	1 Credit
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Prerequisite: Food and Nutrition	Course Fee: \$25
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Sports Nutrition is a one credit course designed for students interested in health, fitness, and sports performance. This course examines the relationship between nutrition, physical performance, and overall wellness. Students will learn how to choose nutritious foods for healthy lifestyles and peak performance of athletes. Health and disease prevention through nutrition, physical activity, and wellness practices are essential components of the course. This course emphasizes the metabolic process and management of food choices for optimal health and physical performance. Students are challenged to develop personal fitness and nutrition plans.

Dietetics

Course Code:	1 Credit
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Prerequisite: Food and Nutrition	Course Fee: \$25
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This course provides students with advanced knowledge and skills used by registered dietitians. Major topics include nutrition, safety, food service, and professional behavior, with particular focus on meal planning and meal preparation.