**COURSE DESCRIPTION**

**Course Title:** Nutrition Virt

**Course Number:** 10644

**Course Prerequisites:** 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, dietrelated 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.

**Suggested Grade Level**: Grades 9-12

**Length of Course:** One Semester

**Units of Credit:** .5

**PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certifications:**

CSPG 47

To find the CSPG information, go to [CSPG](https://www.education.pa.gov/Educators/Certification/Staffing%20Guidelines/Pages/default.aspx)

**Certification verified by the WCSD Human Resources Department:** [ ] Yes [ ] No

**WCSD STUDENT DATA SYSTEM INFORMATION**

**Course Level:** Academic

**Mark Types:** Check all that apply.

☒F – Final Average ☒MP – Marking Period ☒EXM – Final Exam

**GPA Type**: ☐ GPAEL-GPA Elementary ☐ GPAML-GPA for Middle Level ☒ NHS-National Honor Society

☐ UGPA-Non-Weighted Grade Point Average ☒ GPA-Weighted Grade Point Average

**State Course Code**: 19253

To find the State Course Code, go to [State Course Code](https://nces.ed.gov/forum/sced.asp), download the Excel file for *SCED*, click on SCED 6.0 tab, and choose the correct code that corresponds with the course.

**TEXTBOOKS AND SUPPLEMENTAL MATERIALS**

**Board Approved Textbooks, Software, and Materials:**

**Title:**  Click or tap here to enter text.

**Publisher:** Click or tap here to enter text.

**ISBN #:**  Click or tap here to enter text.

**Copyright Date:** Click or tap here to enter text.

**WCSD Board Approval Date:** Click or tap here to enter text.

**Supplemental Materials:** Click or tap here to enter text.

**Curriculum Document**

**WCSD Board Approval:**

**Date Finalized:** Click or tap to enter a date.

**Date Approved:**  Click or tap to enter a date.

**Implementation Year:** Click or tap here to enter text.

**SPECIAL EDUCATION, 504, and GIFTED REQUIREMENTS**

The teacher shall make appropriate modifications to instruction and assessment based on a student’s Individual Education Plan (IEP), Chapter 15 Section 504 Plan (504), and/or Gifted Individual Education Plan (GIEP).

**ASSESSMENTS**

**PSSA Academic Standards, Assessment Anchors, and Eligible Content:** The teacher must be knowledgeable of the PDE Academic Standards, Assessment Anchors, and Eligible Content and incorporate them regularly into planned instruction.

**Formative Assessments:** The teacher will utilize a variety of assessment methods to conduct in-process evaluations of student learning.

**Effective formative assessments for this course include:** Quizzes, homework, discussions

**Summative Assessments:** The teacher will utilize a variety of assessment methods to evaluate student learning at the end of an instructional task, lesson, and/or unit.

**Effective summative assessments for this course include:** unit assessments and semester exams

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 you will find the following tasks to view or complete:

1. Checklist—an outline of tasks for that section

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