

WARREN COUNTY SCHOOL DISTRICT

PLANNED INSTRUCTION

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, 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.

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](#)

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](#), download the Excel file for SCED, click on SCED 6.0 tab, and choose the correct code that corresponds with the course.

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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: 8/21/2024

Date Approved: 8/26/2024

Implementation Year: 2024-2025

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

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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