

**El Monte Union High School District – Career Technical Education**

**ADVANCED FOOD SCIENCE AND NUTRITION**

**DATE:**

**INDUSTRY SECTOR:** Hospitality, Tourism and Recreation Sector

**PATHWAY:** Food Science, Dietetics and Nutrition

**CALPADS TITLE:** Advanced Food Science, Dietetics, and Nutrition (Capstone)

**CALPADS CODE:** 8011

**HOURS:**

Total	Classroom	Laboratory/CC/CVE
180	80	100

JOB TITLE	O*NET CODE	JOB TITLE	O*NET CODE
Community Health Workers	21-1094.00	Dietitians and Nutritionists	29-1031.00
Food Preparation Workers	35-2021.00	Cooks, Institution and Cafeteria	35-2012.00
Fitness and Wellness Coordinators	11-9039.02		

**COURSE DESCRIPTION:**

This course is designed to focus on the science of food and nutrition. Experiences will include food safety and sanitation, culinary technology, food preparation and dietary analysis to develop a healthy life style. Exploration of plant-base diet to support nutrient dense meals to support flexitarian approach to meal planning.

**A-G APPROVAL:** No

**ARTICULATION:** None

**DUAL ENROLLMENT:** None

**PREREQUISITES:**

Prerequisite
8018 Intermediate Food Science and Nutrition

**METHODS OF INSTRUCTION**

- Direct instruction
- Group and individual applied projects
- Multimedia
- Demonstration
- Field trips
- Guest speakers

**STUDENT EVALUATION:**

- Student projects
- Written work
- Exams
- Observation record of student performance
- Completion of assignment

**INDUSTRY CERTIFICATION:**

- NA

**RECOMMENDED TEXTS:**

- Techniques of Healthy Cooking
- Culinary Nutrition

**PROGRAM OF STUDY:**

- None identified

I.	EXPLORING FOOD CHOICES	CR	Lab/ CC	Standards
	<p><b>A. Exploring Food Choices</b></p> <ul style="list-style-type: none"> <li>· Identify social and personal influences on food choices</li> <li>· Utilize good decision making skill when food choices</li> <li>· Explain culture and its relationship to food</li> <li>· Explain the role food plays in meeting psychology and physical needs</li> <li>· Describe how science and technology influences on food choices</li> </ul>	10	10	<p><b>Academic:</b>            LS: 11-12.1            RSIT: 11-12.3            RLST: 11-12.2            WS: 11-12.1</p> <p><b>CTE Anchor:</b>            Communications: 2.5            Technology: 4.3            Problem Solving and Critical Thinking: 5.4            Leadership and Teamwork: 9.2            Demonstration and Application: 11.1</p> <p><b>CTE Pathway:</b>            A3.3, A5.1, A6.1</p>
II.	SAFETY AND SANITATION	CR	Lab/ CC	Standards
	<p>1. Unit 2 :Safety and Sanitation</p> <p>2. · Explain how proper food handling practices can prevent food borne illness</p> <ul style="list-style-type: none"> <li>· Identify ways to prevent common kitchen accidents</li> <li>· Describe safe food handling and storage practices</li> <li>· Explain the proper use kitchen equipment</li> <li>· Explain guidelines for proper knife safety</li> </ul>	10	10	<p><b>Academic:</b>            LS: 11-12.1            RSIT: 11-12.2            RLST: 11-12.2            LS: LS1, LS1.B</p> <p><b>CTE Anchor:</b>            Communications: 2.1            Technology: 4.3            Problem Solving and Critical Thinking: 5.4            Health and Safety: 6.6            Leadership and Teamwork: 9.2            Demonstration and Application: 11.1</p> <p><b>CTE Pathway:</b>            A3.3, A3.2</p>
III.	NUTRITION AND HEALTHY CHOICES	CR	Lab/ CC	Standards
	<p><b>Nutrition and Healthy Choices</b></p> <ul style="list-style-type: none"> <li>· Identify nutrients and their main functions</li> <li>· Explain the dietary guidelines for Americans</li> <li>· State guidelines for using MyPlate.gov to plan daily food choices</li> <li>· Explain the benefits of a healthy weight</li> <li>· Explain reasons for and consequences of eating disorders</li> <li>· Describe health problems or special conditions that require special diets</li> </ul>	10	10	<p><b>Academic:</b>            LS: 11-12.1            RSIT: 11-12.2            RLST: 11-12.2            WS: 11-12.1            WHSST: 11-12.9</p> <p><b>CTE Anchor:</b>            Communications: 2.5            Career Planning and Management: 3.1, 3.9</p>

	<ul style="list-style-type: none"> <li>Analyze factors that influence wellness practices across the life span</li> <li>Give guidelines for making nutritious food choices</li> </ul>			Technology: 4.3 Problem Solving and Critical Thinking: 5.1 Leadership and Teamwork: 9.3 Technical Knowledge and Skills: 10.1, 10.5, 10.14 Demonstration and Application: 11.1 <b>CTE Pathway:</b> A4.1, A5.1
<b>IV.</b>	<b>FOOD PREPARATION</b>	<b>CR</b>	<b>Lab/CC</b>	<b>Standards</b>
	<b>Food Preparation</b> <ul style="list-style-type: none"> <li>Explain common food preparation terminology</li> <li>Identify common cooking equipment and how to use it properly</li> <li>List measurement abbreviations and equivalents</li> <li>Explain how to measure various types of ingredients properly</li> <li>Explain how and why a recipe might be modified (increase/decrease yields)</li> <li>Prepare recipes successfully</li> </ul>	10	10	<b>Academic:</b> LS: 11-12.1 RSIT: 11-12.2 RLST: 11-12.4 WS: 11-12.4 <b>CTE Anchor:</b> Communications: 2.4 Technology: 4.1 Problem Solving and Critical Thinking: 5.1 Health and Safety: 6.3 Responsibility and Flexibility: 7.4 Leadership and Teamwork: 9.2, 9.6 Technical Knowledge and Skills: 10.6, 10.11 Demonstration and Application: 11.1 <b>CTE Pathway:</b> A3.2, A8.3, A8.5, A9.1
<b>V.</b>	<b>MEAL PLANNING, SELECTING, STORING, AND PREPARING</b>	<b>CR</b>	<b>Lab/CC</b>	<b>Standards</b>
	Unit 5: Meal Planning, Selecting, Storing and Preparing <ol style="list-style-type: none"> <li>Dietary guidelines</li> <li>Plant - Based Food Guides</li> <li>Nutrient Dence Food Selection</li> <li>Food Preparation</li> <li>Cooking Techniques / Conserve Nutrients</li> <li>Meal Planning / Cardio vascular health, Reduce hypertension, consider glycemic index</li> </ol>	10	10	<b>Academic:</b> LS: 11-12.1 RSIT: 11-12.2 RLST: 11-12.2 WS: 11-12.1 <b>CTE Anchor:</b> Technology: 4.1, 4.3 Problem Solving and Critical Thinking: 5.4 Leadership and Teamwork: 9.1

			Technical Knowledge and Skills: 10.5, 10.6, 10.9 Demonstration and Application: 11.1 <b>CTE Pathway:</b> A3.3, A4.2, A8.3, A8.5, A9.1
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**Entered by:**

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