

Southern Regional High School
Manahawkin, New Jersey
Course Syllabus

Department: Family & Consumer Sciences

Course: Nutrition and Food Preparation

Marking Period 1

Topics/Units to be covered:

- Classroom Expectations/Grading
- Wellness, food habits, & health
- Digestion and nutrients
- Guidelines & Food labels
- Food safety and
- Quarterly

Marking Period 2

Topics/Units to be covered:

- Carbohydrates, fats, and protein
- Vitamins
- Minerals
- Water
- Lifecycle nutrition
- Food preparation
- Quarterly

Marking Period 3

Topics/Units to be covered:

- Nutrition throughout the lifecycle
- Sports nutrition
- Meal management
- Food preparation
- Quarterly

Marking Period 4

Topics/Units to be covered:

- Evaluation of diets
- Careers in nutrition
- Food preparation
- Final exam

* *Syllabus is subject to change according to the needs of the students and may not be done in sequential order.*