

South Gibson County High School Scholars' Prep Guide 2019-2020

Course: Nutrition Across the Lifespan

Curriculum for the upcoming course and information of which students should be aware:

Nutrition Across the Lifespan is for students interested in learning more about becoming a dietitian, nutritionist, counselor, or pursuing a variety of scientific, health, or culinary arts professions. Upon completion of this course, proficient students will understand human anatomy and physiological systems, nutrition requirements, as well as social, cultural, and other impacts on food preparation Page 2 and integrity. Artifacts will be created for inclusion in a portfolio, which will continue to build throughout the program of study.

Areas that might be challenging for students:

Nutrition Across the Lifespan is the second of three courses in the Nutrition and Dietetics Program of Study.

The prerequisite for Nutrition Across the Lifespan is the foundational course, Introduction to Human Studies.

Suggestions on how students can prepare for the upcoming course:

Students should have successfully completed the course Introduction to Human Studies before enrolling in Nutrition Across the Lifespan.

For more information visit <https://www.tn.gov/education/career-and-technical-education.html>

Or email Mrs. April Martin at amartin1@gcssd.org

Suggested activities or resources (if applicable):

Beneficial to students to have interest in reading and following recipes, food preparation, meal planning and basic principles of nutrition.

Students that are interested in their own healthy food choices and healthy diet would benefit from this course.

Recommended for students that plan to pursue occupations in health care, dietetics, or physical fitness.

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