

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

Course: Nutrition Science and Diet Therapy

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

Nutrition Science and Diet Therapy is an applied knowledge course in nutrition for students interested in the role of nutrition in health and disease. Upon completion of this course, proficient students will be able to develop a nutrition care plan as part of the overall health care process, use methods for analyzing the nutritional health of a community, and understand the relationship of diet and nutrition to specific diseases. The course places emphasis on the role of diet as a contributor to disease and its role in the prevention and treatment of disease. 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 Science and Diet Therapy is the third course in the Nutrition and Dietetics program of study. This course is designed for students that have successfully completed the two prerequisites, Introduction to Human Studies and Nutrition Across the Lifespan. This course is intended for students in grades 11 and 12.

Suggestions on how students can prepare for the upcoming course:

Students should successfully complete the following prerequisite courses: Introduction to Human Studies and 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](mailto:amartin1@gcssd.org)

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Suggested activities or resources (if applicable):

Satisfies one of three credits required for elective focus if taken in conjunction with other Human Services or Health Science courses. In addition, satisfies one credit of laboratory science required for graduation.