



### **Nutrition: Cook Smart Eat Smart** 2012-2013

#### Course Description:

We are in an era of national awareness about the importance of food and nutrition in relationship to our health. Food plays a vital role in the health and well being of a society. This course will teach the importance of sound nutrition and it's correlation to energy level, weight gain, poor mental health, and chronic diseases. Labs will enable you to prepare nutritious snacks, high-energy foods and low calorie foods. Instruction in kitchen safety and sanitation is included. Nutrition: COOK SMART/EAT SMART will stimulate you to choose a lifestyle of healthy cooking and eating.

#### Course Content:

- I. Nutrition
  - Pretest
  - Self Assessments
  - Basic nutrients
  - Dietary Guidelines for Americans
  - American Heart Association dietary recommendations
  - My Plate
  
- II. Getting Ready to Cook
  - Cooking vocabulary
  - Equipment and measuring
  - Following recipes
  - Safety and sanitation
  - Market orders and lab planning
  
- III. Put It all to Practice
  - Menu planning
  - Start your day right: Breakfast
  - Snacking for wellness
  - Recipe modifications
  
- IV. Foods for Life
  - Low sodium
  - Meatless main dishes
  - Low cholesterol
  - High fiber/complex carbohydrates
  - Weight control
  - Low sugar/ sugar substitutes
  - Fast foods/eating out

- V. Sports Nutrition
  - Needs of adolescent athletes
  - Diet, performance, recovery
  - Pregame meals

Required Textbooks and/or Other Reading/Research Materials

No textbook

Course Requirements:

Students are expected to complete all projects, tests and assignments. Participation in the various foods lab experiences in an integral part of the course.

Grade Components/Assessments:

Grades will be based on total points earned/points possible. The following methods will be use to assess and evaluate student performance

- Tests/ Projects/ Alternative Assessment
- Lab work
- Class activities/homework

Each marking period is worth 40% of a students's overall grade. The final exam is worth 20% of a student's overall average.

Quarter 1	40%
Quarter 2	40%
Final Exam	20%

Required Summer Reading/Assignments:

No summer reading required.