

# Syllabus

## Virginia Nutrition and Wellness

### Course Overview

This one-semester course is intended as a practical, hands-on guide. It has 17 lessons organized into four units, plus four Unit Activities. Each lesson contains one or more Lesson Activities.

This course will cover basic knowledge about nutrition and wellness such as basic concepts of nutrition, the digestive and metabolic processes, nutrient requirements, dietary guidelines, importance of physical fitness, community health issues, food managements, and careers in the field of nutrition and wellness.

You will submit the Unit Activity documents to your teacher, and you will grade your work in the Lesson Activities by comparing them with given sample responses. The Unit Activities (submitted to the teacher) and the Lesson Activities (self-checked) are the major components of this course. There are other assessment components, namely the mastery test questions that feature along with the lesson; the pre- and post-test questions that come at the beginning and end of the unit respectively, and an end-of-semester test. All of these tests are a combination of simple multiple-choice questions and technology enhanced (TE) questions.

### Course Goals

This course will help you meet the following goals:

- Explore the principles of nutrition and learn about the processes of digestion and metabolism in the human body.
- Familiarize yourself with nutrient requirements based on age and gender and explore dietary guidelines.
- Explore how food and lifestyle choices affect health and wellness.
- Explore the role of exercise in wellness and fitness.
- Familiarize yourself with the government's role in promoting health and wellness.
- Learn safe practices during food storage and preparation.
- Learn how various ways of food preparation affect the nutritional value of foods and their digestibility.
- Learn how to plan and present meals, keeping in mind budget, time, and nutrient value.
- Familiarize yourself with food-related technology such as processing and packaging.
- Explore career opportunities in the field of nutrition and wellness.

## Prerequisite Skills

Virginia Nutrition and Wellness has the following prerequisites:

- basic math knowledge
- ability to visualize and apply creativity and innovation
- familiarity with the writing process and following guidelines

## General Skills

To participate in this course, you should be able to do the following:

- Perform basic operations on a computer.

*For a complete list of general skills that are required for participation in online courses, refer to the Prerequisites section of the Plato Student Orientation document, found at the beginning of this course.*

## Credit Value

Virginia Nutrition and Wellness is a 0.5-credit course.

## Course Materials

- Notebook
- Computer with Internet connection and speakers or headphones
- Microsoft Word or equivalent
- Microsoft Excel or equivalent
- Microsoft PowerPoint or equivalent

## Course Pacing Guide

This course description and pacing guide is intended to help you stay on schedule with your work. Note that your course instructor may modify the schedule to meet the specific needs of your class.

### Unit 1: Principles of Nutrition

#### Summary

In this unit, you will learn about essential and nonessential nutrients, their functions, and the effect of inadequate and excess nutrients in the body. You will also learn about digestive and metabolic processes in the human body, how to calculate the basal metabolic rate, and how to manage weight for optimum health. Additionally, in this unit, you will familiarize yourself with ways to make better food choices and the effects of eating disorders.

Day	Activity/Objective	Type
1 day: 1	<b>Syllabus and Plato Student Orientation</b> <i>Review the Plato Student Orientation and Course Syllabus at the beginning of this course.</i>	Course Orientation
5 days: 2–6	<b>Nutrients</b> <i>Explore the principles of nutrition.</i>	Lesson
3 days: 7–9	<b>Digestion and Metabolism</b> <i>Describe the processes of digestion and metabolism in the human body.</i>	Lesson
5 days: 10–14	<b>Recommended Dietary Allowances</b> <i>Discuss nutrient requirements based on age and gender.</i>	Lesson
3 days: 15–17	<b>Dietary Guidelines</b> <i>Explore dietary guidelines.</i>	Lesson
1 day: 18	<b>Space Jumble</b>	Game
4 days: 19–22	<b>Unit Activity/Threaded Discussion—Unit 1</b>	Unit Activity
1 day: 23	<b>Posttest—Unit 1</b>	Assessment

## Unit 2: Health and Wellness

### Summary

In this unit, you will learn about the effect of food and lifestyle choices on health and wellness. You'll learn about nutritional needs throughout the human lifecycle and how government policies affect health and nutrition at an individual level. You'll learn how to reduce the effects of stress. You'll discuss food allergies. You'll also familiarize yourself with planning meals for people with specific dietary needs. Additionally, you will examine different methods to achieve physical fitness and learn how to develop exercise and nutrition plans for athletes.

Day	Activity/Objective	Type
5 days: 24–28	<b>Effect of Food choices on Health and Wellness</b> <i>Evaluate how food choices impact health and wellness.</i>	Lesson
4 days: 29–32	<b>Effect of Lifestyle Choices on Health and Wellness</b> <i>Evaluate how lifestyle affects health and wellness.</i>	Lesson
4 days: 33–36	<b>Physical Fitness and Exercise</b> <i>Examine the role of exercise in fitness and wellness.</i>	Lesson
3 days: 37–39	<b>Community, National, and Global Health Issues</b> <i>Examine the role of government and community programs in promoting health and well-being.</i>	Lesson
1 day: 40	<b>Para Jumble</b>	Game
4 days: 41–44	<b>Unit Activity/Threaded Discussion—Unit 2</b>	Unit Activity
1 day: 45	<b>Posttest—Unit 2</b>	Assessment

## Unit 3: Food Management

### Summary

In this unit, you will familiarize yourself with safety aspects related to food storage and preparation. You'll learn how to store raw, dry, and cooked foods to prevent and reduce nutritional loss and food wastage. You will learn about safe practices in the kitchen, standards for personal hygiene, common food-borne illnesses, and health and safety codes. You'll learn how to plan menus and present food aesthetically. You'll also learn socially acceptable rules of dining etiquette. In addition, you will familiarize yourself with food processing methods, packaging technologies, and cooking methods that incorporate technology.

Day	Activity/Objective	Type
3 days: 46–48	<b>Food Storage</b> <i>Learn safe food storage practices.</i>	Lesson
4 days: 49–52	<b>Hygiene and Safety in Food Preparation</b> <i>Discuss safety measures related to food preparation.</i>	Lesson
4 days: 53–56	<b>Food Preparation Techniques</b> <i>Learn food preparation techniques and processes to improve the safety and conserve the nutritional value of food.</i>	Lesson
4 days: 57–60	<b>Menu Planning and Food Presentation</b> <i>Examine aspects related to menu planning, food presentation, and dining.</i>	Lesson
4 days: 61–64	<b>Food-Related Technology</b> <i>Discuss food processing methods and other food-related technology.</i>	Lesson
1 day: 65	<b>Thwack-A-Mole</b>	Game
4 days: 66–69	<b>Unit Activity/Threaded Discussion—Unit 3</b>	Unit Activity
1 day: 70	<b>Posttest—Unit 3</b>	Assessment

## Unit 4: Careers in Nutrition and Wellness

### Summary

In this unit, you will explore career pathways and opportunities in the field of nutrition and wellness. You'll learn about the academic qualifications, technical skills, and transferable skills needed for various jobs in this field. You'll examine entrepreneurial opportunities in this field. You'll learn how to set goals and understand the importance of self-representation. You'll also learn effective work habits to advance your career and strategies to achieve a work-life balance. Finally, you will learn about the role of management in improving work-life balance and the role of student organizations in developing skills.

Day	Activity/Objective	Type
3 days: 71–73	<b>Career Exploration</b> <i>Explore various career options in the field of nutrition and wellness.</i>	Lesson
3 days: 74–76	<b>Career Planning</b> <i>Discuss how to plan a career in nutrition and wellness.</i>	Lesson
3 days: 77–79	<b>Workplace Ethics and Work-Life Balance</b> <i>Discuss workplace ethics and work habits for career advancement and work-life balance.</i>	Lesson
3 days: 80–82	<b>Management Functions and Roles</b> <i>Explore the various functions of management in an organization.</i>	Lesson
1 day: 83	<b>Space Jumble</b>	Game
4 days: 84–87	<b>Unit Activity/Threaded Discussion—Unit 4</b>	Unit Activity
1 day: 88	<b>Posttest—Unit 4</b>	Assessment
1 day: 89	<b>Semester Review</b>	
1 day: 90	<b>End-of-Semester Test</b>	Assessment