



FOOD SCIENCE PATHWAY

There are 3 classes in the Food Science Pathway

- 1) Foods, Nutrition & Wellness**
- 2) Food for Life**
- 3) Food Science**



FOOD, NUTRITION & WELLNESS

Course Description:

Food, Nutrition and Wellness is the **first course** in this pathway. The focus of this course is centered on healthy food and lifestyle choices. Students will learn about the interrelationship of foods they eat to nutrition and wellness and how it promotes good health in their bodies.

Students will master the standards through lots of projects, technical & cooking skill practices. Students will cook at home, at school, in cook-offs such as “Chopped” and “Cupcake Wars”. Personal growth and leadership skills will be developed through activities in FCCLA (Family, Career and Community Leaders of America). FCCLA will provide students with opportunities to compete in local, state, and national events, community service projects, public relations, social media and hospitality/catering events.





SUGGESTED COOKING LABS

1. Breakfast Items: French Toast, Waffles, Smoothies, Omelettes
2. Healthy Snacks: Granola, Fruit Platters, Hummus, Tortillas Chips
3. Sandwiches and Veggie Burgers
4. Soups: Baked Potato, Lentil



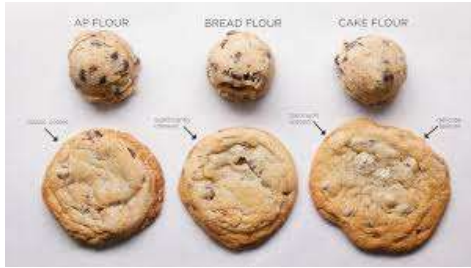
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FOOD FOR LIFE



Course Description:

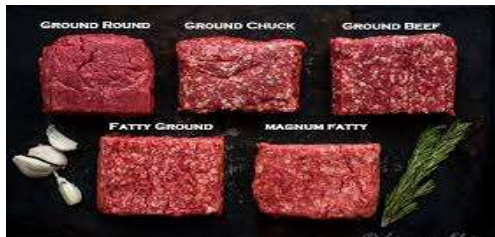
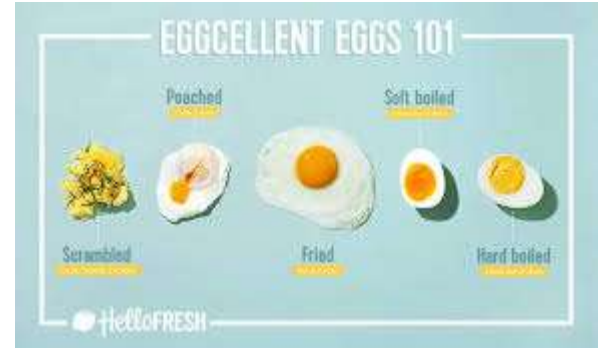
Food for Life is the **second course** in food science pathway. It addresses the different nutritional needs at specific stages of the human life cycle: lactation, infancy, childhood, teens, adult, and the elderly. The most common nutritional concerns, their relationship to food choices and health strategies to help us be our best at each stage of the life cycle. This course provides knowledge for real life and offers students a pathway into dietetics, consumer foods, and nutrition science careers.



SUGGESTED COOKING LABS

Healthy vs Unhealthy foods:

1. Mac and Cheese
2. Cabbage/Kale vs Collards
3. Scrambled vs Poached eggs
4. Ground Beef vs Ground Round
5. Cake Mix w/Oil vs Cake Mix w/Applesauce
6. Cream Soups vs Broth Soups vs Tomato Base
7. Brown Rice vs White Rice





FOOD SCIENCE



Course Description:

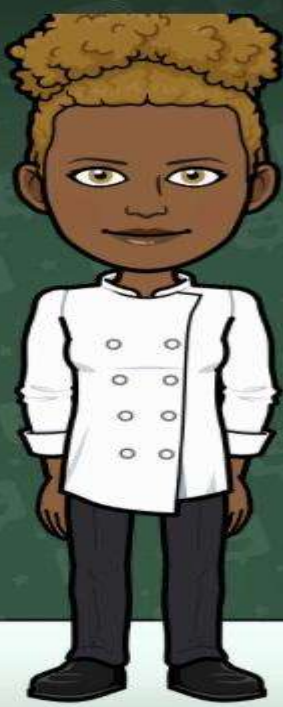
Food science is the third course in the pathway. It integrates everything learned in the first 2 courses and takes it to the next level. Students will evaluate the effects of processing, preparation, and storage on the quality, safety, wholesomeness, and nutritive value of foods. Students actively participate in FCCLA. This class focuses on catering at school for the faculty and staff, sporting events, clubs and many other events that involve food.



SUGGESTED CATERING LABS



Breakfast, Lunch, Dinner, Receptions, Special or Casual Occasion, Small Banquet or Dinner Parties. Emphasis will be on Service, taste and presentation.



FOOD
NUTRITION
&
WELLNESS



With Chef June
"Come on in"!