

# **Advanced Nutrition and Wellness**

## **Course Outline**

- I. Recipes
  - A. Format
  - B. Parts of a recipe
  - C. Analyze time and procedure processes of recipes
  
- II. Menu Planning
  - A. Principles of menu planning
  - B. Accommodating special dietary needs
  
- III. Knife Skills
  - A. Types of knives
  - B. Proper hold
  - C. Techniques
  
- IV. Food Science
  - A. Leavening
  - B. Mixing
  - C. Sifting
  
- V. Food Supply/Processing
  - A. Food recalls
  - B. Genetically modified foods
  - C. Certified organic
  - D. Growth hormone
  - E. Factory farms
  - F. Slaughter houses
  - G. Free range
  - H. Cloned meat
  
- VI. Food Preparation
  - A. Baking
  - B. Candies
  - C. Various recipe techniques

## **Instructional Resources**

All resources are teacher created

## **Classroom Assessments**

Observation  
Tests  
Quizzes  
Oral reporting  
Demonstration  
Simulation  
Research

Presentation  
Construction  
Projects  
Discussion