FAMILY AND CONSUMER SCIENCES

* Course descriptions that are shaded are not being offered.

**Food and Nutritional Science** 1 trimester Grade Level: 9 - 12

Course # 7503 Prerequisite: None

Food and Nutritional Science is the study of different types of foods, nutrients, how food affects our health, and how to prepare foods. The student will learn how the food in our bodies is broken down and used, and what damage can happen to a body if some nutrients are not eaten. Students will analyze their own diets and learn what needs to be improved or maintained. The class will be enhanced with once weekly cooking laboratories involving many different foods including nutrients such as carbohydrates and proteins and food groups such as breads, fruits, and vegetables.

**8**