

**Name of Course:** Foods and Nutrition II  
**Name of Instructor:** A. Rodriguez  
**Course Length:** Semester

**Class Textbook/Materials:**

Textbook: Food for Today, 9th Edition, Glencoe/McGraw Hill, 2006.  
ISBN: 0-07-861644-1

Teacher-developed activity packets  
Community resources  
Online resources  
Presentations  
Professional DVD/VHS media

**Description of the course:** This course is designed to teach students about the process of food preparation along with the importance of nutrition. The beginning of the course is dedicated to introducing students to new foods that are not only tasty, but nutritious as well. Another focus of this course is baking. This course gives students the tools they need to prepare foods for themselves, their families, and in the workplace. Attention is given to the importance of food safety and sanitation. Guest speakers, computer programs, and projects supplement class presentations and discussions.

**Course content and learning objectives:**

Unit 1: Nutrition  
Unit 2: Food and Fitness  
Unit 3: Cookies  
Unit 4: Quick Breads  
Unit 5: Yeast Breads  
Unit 6: Pastries

Students will be able to:

- Explain the impact of nutrients on your body and health
- Suggest ways to eat fat in moderation.
- Compare simple and complex carbohydrates and relate them to sugars and starches.
- Identify vitamins and minerals needed by the body.
- Compare the various baking techniques.
- Evaluate if a career in foods/nutrition or a related field is for you.
- Describe causes, signs, health affects, treatment and prevention of eating disorders.

**Daily/weekly assignments, grading procedures and special projects:**

Grading guidelines  
Daily assignments and projects  
Tests/quizzes  
Classroom participation

**Required Materials:**

Three-ring binder (any size)  
Paper  
Writing utensil