

NUTRITION SCIENCE CAREERS II

Nutrition Science Careers II builds on content and skills of Nutrition Science Careers I and prepares students for careers and higher education programs related to nutrition, dietetics, food science, food research and development including careers that focus on assisting individuals and families in managing their personal, family, and social needs regarding nutrition, diet, and foods. The course of study includes, but is not limited to: advanced topics and issues in nutrition; advanced food science topics and issues; food and nutrition for individuals and families with special needs and disadvantaging conditions; topics related to management of daily living needs of individuals and families; nutrition and foods in child care and convalescent care; topics and issues related to maintaining the food supply; topics related to cleaning and maintenance, purchasing, and food preparation; managing operations in food production, food science, or food research and development establishments; providing for the dietary needs of persons with special requirements; related research, development, and testing. Ethical, legal, and safety issues as well as helping processes and collaborative ways of working with others are to be addressed. Intensive laboratory experiences with industry applications are a required component of this course of study. Work-based experiences in nutrition science careers are strongly encouraged. This course provides the foundation for study in higher education that leads to related careers.

- DOE Code:5457
- Recommended Grade Levels: 12
- Recommended Prerequisites: Nutrition Science Careers
- Credits: 1-3 credit(s) per semester, 6 credits maximum
- Counts as a Directed Elective or Elective for the General, Core 40, Core 40 with Academic Honors and
- Core 40 with Technical Honors diplomas
- Science Credit??

Application of Content

Intensive laboratory applications are a component of this course and may be either school based or work based or a combination of the two. Work-based learning experiences should be in a closely related industry setting. Instructors shall have a standards-based training plan for students participating in work-based learning experiences

Career and Technical Student Organizations (CTSOs)

Career and Technical Student Organizations are considered a powerful instructional tool when integrated into Career and Technical Education programs. They enhance the knowledge and skills students learn in a course by allowing a student to participate in a unique program of career and leadership development. Students should be encouraged to participate in the CTSO for the most closely related subject matter areas.

Content Standards		
Domain 1 – Principles of Nutrition		
	Core Standard 1: Analyze the principles of nutrition	
	NSC-1.1	Assess the basic dietary needs for macro and micro nutrients and the function of each nutrient
	NSC-1.2	<i>Compare and contrast the wide variety of nutrition databases, calorie counters, USDA Dietary Guidelines, and food indexes including but not limited to: World Health Organization, USDA,</i>

		FDA, Choose MyPlate, Supertracker, INFOODS, USDA National Nutrient Database
	NSC-1.3	Review basic physiological functions affected by nutrients, phytochemicals, and antioxidants and the consequence of deficiencies
	NSC-1.4	Recognize nutrition's impact on the basic functions of life such as ingestion, digestion, absorption, metabolism, excretion, etc.
	NSC-1.6	Analyze the nutrient/calorie needs at various stages of life: Infancy, childhood, adolescence, adulthood, and pregnancy/lactation, geriatric
Domain 2- Nutrition Screening, Assessment, and Diagnosis		
	Content Standard 2- Apply the principles of nutrition screening and assessment to determine a diagnosis	
	NSC-2.3	Prepare sample documentation related to nutrition screening
	NSC-2.4	Perform nutrition screenings and assessments
	NSC-2.5	Evaluate nutrition screening and assessment results to determine a diagnosis
	NSC-2.6	Compare and contrast nutrition screenings and assessments and the impact on policy, law, healthcare, insurance, and social factors
	NSC-2.7	Compare various nutrition status indicators (demographic data, nutrition screening surveillance systems, community health resources, public health programs, etc) Compare various nutrition status indicators including demographic data, nutrition screening surveillance systems, community health resources, public health programs and other relevant indicators.
	NSC 2.8	Compare and contrast the relationship between nutrition diagnoses and medical diagnosis
	NSC-2.9	Apply the steps involved in the process of nutrition and medical diagnosis
Domain 3-Nutrition Interventions		
	Core Standard 3- Explain the impact of nutrition interventions on overall health	
	NSC-3.1	Apply nutrition care for health promotion and disease prevention across the life span.
	NSC-3.2	Analyze the role of Medical Nutrition Therapy for treating medical conditions
	NSC-3.3	Develop and implement a personalized care plan based on energy/nutrient needs for the person's activity level and conditions
	NSC-3.4	Evaluate interventions for diverse populations
Domain 4-Nutrition Monitoring and Evaluation		
	Core Standard 4- Perform progress monitoring and evaluation of outcome indicators	
	NSC-4.1	Define outcome indicators and levels of success
	NSC-4.2	Practice measuring indicators and evaluating success
	NSC-4.3	Create continuation of care plan
Domain 5-Food Production, Distribution, Procurement, Service, and Facility Design		
	Core Standard 5- Evaluate food production, distribution, procurement, service and facility design	
	NSC-5.1	Develop procedures for food production
	NSC-5.2	Create recipes and cooking methods for food production
	NSC-5.3	Craft interventions for ingredient control and portion control
	NSC-5.4	Practice forecasting food demand for a variety of production systems (conventional, commissary, ready prepared, assembly, cook chill, display)
	NSC-5.5	Understand the practices and principles of food distribution and service

	NSC-5.6	Evaluate facility design for food distribution
	NSC-5.7	Provide protocols for the purchase of food/supplies, product and packaging, vendor selections (bids and contracts)
	NSC-5.8	Design policies and procedures for purchasing, receipts, storage, and distribution of food and supplies
	NSC-5.9	Review policies for inventory management, food ordering, and other purchasing systems
Domain 6—Sanitation, Safety, and Sustainability		
	Core Standard 6: Apply proper sanitation, safety, and sustainability practices	
	NSC-6.1	Research sanitation principles, practices, and regulation and design sanitation programs that consider food quality and safety
	NSC-6.2	Evaluate food industry training plans for safety and sanitation
	NSC-6.3	Review protocols and programs for sustainability with regards to food, water, non-food, and waste management
	NSC-6.4	Apply principles of sustainability with regards to food, water, non-food, and waste management
Domain 7- Education and Training		
	Core Standard 7: Create education and training plans for various nutrition science careers settings	
	NSC-7.1	Define the components of a complete education plan
	NSC-7.2	Create nutrition education plans that encompass a variety of needs and settings
	NSC-7.3	Create a safety and sanitation training plan for a nutrition services setting
Domain 8-Principles of Management		
Core Standard 8: Apply the principles of management in nutrition science careers		
	NSC-8.1	Practice concepts and procedures for staff recruitment/retention
	NSC-8.2	Review significant labor laws and understand the role and relationship with unions
	NSC-8.3	Create performance standards and programs to increase diversity and understand the significance of a diverse workforce
	NSC-8.4	Analyze finance and marketing procedures utilized in various nutrition science settings.
	NSC-8.5	Perform financial analysis, cost controls, and materials management
	NSC-8.6	Review marketing strategies for sample product placement, promotions, prices, etc.
	NSC-8.7	Create business plans including short and long range, strategic, policies procedures, and disasters
	NSC-8.8	Develop professional standards of practice including legislation, ethical practice, and roles of dietetic personnel
	NSC-8.9	Describe and analyze how regulations are integrated into different systems (federal or accrediting agency)
	NSC-8.10	Implement or design plans for standards, data collection, and corrective actions