COURSE DESCRIPTION

Course Title: Nutrition and Wellness for the Family

Course Number: 00763

Course Prerequisites: N/A

Course Description: Nutrition and Wellness for the Family is an entry level elective course designed for grades 9-12. The course will explore Family types and structures, the role of family members, and the family life cycle. Students will investigate strategies for continuing lifetime wellness including, fitness, appropriate table manners, stress and time management, and decision making skill. Nutrition and Wellness for the Family will also investigate nutritional needs of the life cycle, planning nutritious and budget friendly meals, and adapting recipes to fit special nutritional needs. A final exam is required. It is recommended that no more than five students per kitchen be placed in the class to maintain a safe environment.

Suggested Grade Level: 9 - 12

Length of Course: X One Semester _____ Two Semesters _____ Other (Describe)

Units of Credit: .5 (Insert NONE if appropriate.)

PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certification(s): Family and Consumer Science Certification

Certification verified by WCSD Human Resources Department: X Yes _____ No

Board Approved Textbooks, Software, Materials:
Title: Food for Today
Publisher: McGraw Hill
ISBN #: 978-0-02-139994-9
Copyright Date: 2016
Date of WCSD Board Approval: June 8, 2015
BOARD APPROVAL:

Date Written: ___________ Fall 2014 ___________

Date Approved: ___________ January 12, 2015 ___________

Implementation Year: ______ 2015 – 2016 ______

SPECIAL EDUCATION AND GIFTED REQUIREMENTS

The teacher shall make appropriate modifications to instruction and assessment based on a student’s Individual Education Plan (IEP) or Gifted Individual Education Plan (GIEP).

SPECIFIC EDUCATIONAL STANDARDS, ESSENTIAL QUESTIONS, CONTENT, & SKILLS

See Curriculum Map – Nutrition and Wellness for the Family

ASSESSMENTS

Suggested Formative Assessments: The teacher will develop and use standards-based assessments throughout the course.

- Pre-Assessments of prior knowledge (e.g. entrance cards or KWL chart)
- Labs/lab reports
- Bell ringers/Problems of the Day (PODs)
- Discussions
- Teacher observation/Questioning
- Graphic organizers (e.g. Venn diagrams, word mapping, webbing, KWL chart, etc.)
- Summarizing
- Retelling
- Notetaking
- Problem-based learning modules
- Authentic assessment
- Oral presentations
- Outlining
- Journaling
- Student presentations/projects
- Open-ended response
- Classroom Performance System (CPS)

Suggested Summative Assessments:

- Essays
- Open-Ended Responses
- Projects
- Quizzes/tests
- Student presentations
- Portfolios
District Approved Assessment Instruments
  • Any district approved assessment instrument

Portfolio Assessment: ______ Yes ______ No

District-wide Final Examination Required: ______ Yes ______ No

Course Challenge Assessment (Describe): N/A

WRITING TEAM: Family and Consumer Science Educators

**WCSD STUDENT DATA SYSTEM INFORMATION**

1. Is there a required final examination? ______ Yes ______ No

2. Does this course issue a mark/grade for the report card?
   ______ Yes ______ No

3. Does this course issue a Pass/Fail mark? ______ Yes ______ No

4. Is the course mark/grade part of the GPA calculation?
   ______ Yes ______ No

5. Is the course eligible for Honor Roll calculation? ______ Yes ______ No

6. What is the academic weight of the course?
   ______ No weight/Non credit ______ Standard weight
   ______ Enhanced weight (Describe)