



Course Syllabus: Food, Nutrition, & Wellness

Course Description: Food, Nutrition, and Wellness is the foundational course in the nutrition and food science pathway. The focus of the course is centered on healthy food and lifestyle choices. Students will investigate the interrelationship of food, nutrition and wellness to promote good health. Mastery of standards are demonstrated through project-based learning, technical skills practice, and leadership development activities of Family, Career and Community Leaders of America (FCCLA).

This course has three sections: Food, Nutrition and Wellness A is the first half of the course and includes Modules 1 – 5, Food, Nutrition and Wellness B is the second half of the course and includes Modules 6 – 10. Nutrition and Wellness Y is the entire course and includes Modules 1 – 10. This course includes the following modules:

- Module 1- FCCLA
- Module 2- Understanding Your Nutritional Needs
- Module 3- The Science of Nutrition and Wellness
- Module 4- The Eight Dimensions of Wellness
- Module 5- Staying Smart and Safe in the Kitchen
- Module 6- Preparing Fruits and Vegetables
- Module 7- Cooking with Dairy and Eggs
- Module 8- Cooking with Meats, Poultry, Fish, Beans and Nuts
- Module 9- Grains, Breads and Baking
- Module 10- Food and Nutrition Careers

Textbook

There is no required textbook for this course. All course content is digital and available in the online course modules.

Course Participation Policy

Students should follow the Course Schedule (located in Course Information area of course) and all course work must be submitted no later than 11:59 PM on the due date.

After the due date has passed, instructors will enter zeros in the Grade Center for work not submitted by the deadline. During student breaks and towards the end of the semester, students may have the opportunity to improve their course grade by completing and submitting work with grades of zero from earlier in the semester. Zeros will remain in the Grade Center until course work is submitted and evaluated by the instructor.

The CVA term ends prior to the end of the traditional school semester. The final date work will be accepted each term is posted on the CVA website (www.cobbvirtualacademy.org).

Grading

Grades for the course are calculated based on category percentages as follows:

Assignments = 20%

Projects = 30%

Discussion Boards =10%

Quizzes = 10%

Tests = 20%

Final Exam = 10%

Academic Integrity

Academic integrity is the cornerstone of learning at CVA and we take the integrity and authenticity of student work very seriously. When academic integrity is maintained, students will make decisions based on values that will prepare them to be productive, meaningful, and ethical citizens.

Students are required to abide by the CVA Academic Integrity Policy. Academic dishonesty in any form will not be tolerated. The CVA Academic Integrity Policy outlines the consequences if students fail to maintain academic integrity in their course. For additional information, the CVA Academic Integrity Policy is posted on the CVA website.

Additional General Information

- Students must complete the mandatory online CVA Student Orientation each term before any course work will be graded by the instructor. Only one Student Orientation is completed each term.
- All course work must be submitted through Blackboard in the format requested. Students should have access to Microsoft Office and submit assignments in that format. All CCSD students have access to the Office 365 Suite. Assignments submitted through email will not be accepted.
- The 'Grade before Final Exam' column in the student Grade Center shows the current grade for the course and is automatically calculated.
- Students will take an online final exam during the times indicated on the CVA website.