

Nutrition and Wellness**Scope and Sequence****Unit Lesson****Objectives****Unit 1**

Understanding Your Nutritional Needs

The Science of Nutrition and Wellness

The Eight Dimensions of Wellness

Savvy Shopping and Meal Planning

Staying Smart and Safe in the Kitchen

Midterm

MIDTERM

MIDTERM Reflection

Unit 2

Preparing Fruits and Vegetables

Cooking with Dairy and Eggs

Cooking with Meats, Poultry, Fish, Beans, and Nuts

Grains, Breads and Baking

Mastering Moderation: Creating a Smart Strategy for Healthful Eating

Final Exam

FINAL EXAM

FINAL EXAM Reflection