

Dietetics and Nutrition

Rationale Statement:

Employment of dietitians is expected to grow about as fast as the average for all occupations through 2012 as a result of increasing emphasis on disease prevention through improved dietary habits. Public interest in nutrition and increased emphasis on health education and prudent lifestyles will also spur demand, especially in management. In addition to employment growth, job openings will result from the need to replace experienced workers who leave the occupation.

Suggested grade level: 10th, 11th and 12th graders.

Course Topics:

- career paths and careers in dietetics and nutrition
- societal trends impacting dietetics and nutrition careers
- current nutrition concerns and trends
- menu planning for others to meet individual needs
- food safety and sanitation

Indicator #1: Discuss opportunities for employment and entrepreneurial endeavors in food science, dietetics and nutrition.	
Bloom's Taxonomy Level	Standard and Examples
Knowledge	<p>DN 1.1 Summarize skills and educational requirements for employment in dietetics and nutrition field.</p> <p>Examples:</p> <ul style="list-style-type: none"> • Use career guidance system to research a specific career and create a product (poster, pamphlet, PowerPoint, visual, chart, etc.). • Host a panel discussion. • Participate in a virtual job shadowing experience. • Compare and contrast two careers of interest in the dietetics and nutrition field. • Create a personal learning plan for a student interested in the field of food science, dietetics and nutrition.
Analysis	<p>DN 1.2 Analyze the impact of societal trends on food science, dietetics, and nutrition careers.</p> <p>Examples:</p> <ul style="list-style-type: none"> • Compare and contrast job outlooks for careers in the dietetics and nutrition field. • Listen to a guest speaker on societal trends impacting dietetics and nutrition careers. • Research and share information on current issues impacting nutrition careers.

Indicator #2: Evaluate specialized nutritional principles, food plans, and preparation techniques.	
Analysis	<p>DN 2.1 Describe nutritional concerns in today's society.</p> <p>Examples:</p> <ul style="list-style-type: none"> • Create a power point presentation on selected nutritional concern (eating disorders, diet fads, foods additives, high blood pressure, diabetes, etc.). • Conduct web based research to relate societal trends to current health issues. • Interview various ages to determine nutritional concerns.
Application	<p>DN 2.2 Evaluate dietary guidelines to meet the health and nutritional needs of individuals with special requirements.</p> <p>Examples:</p> <ul style="list-style-type: none"> • Create and discuss a Venn diagram of a regular diet to special needs diet. • Listen to guest speakers on planning special needs diets. • Evaluate diet plans to choose a plan based on specific requirements. • Invite medical personnel (dietitian, nutritionist, nurse, etc.) to discuss screening process (bone density scan, cholesterol, blood pressure, blood sugar, iron, etc.). • Complete an Internet scavenger hunt to find nutritional screening options.
	<p>DN 2.3 Construct a modified diet based on nutritional needs, health conditions, and lifestyle.</p> <p>Examples:</p> <ul style="list-style-type: none"> • Plan menus for specific case studies. • Role play conferences with clients based on nutritional and activity recommendations for their specific needs. • Develop a web-quest based on a current diet issue to explain the issue and requirements and recommend food choices and activities (heart-healthy diets, celiac disease, diabetic diets, allergies, etc.).
	<p>DN 2.4 Implement food preparation techniques to maximize nutrient retention and meet specialized dietary requirements.</p> <p>Examples:</p> <ul style="list-style-type: none"> • Choose and prepare foods for various dietary restrictions. • Tour an institutional food service and discuss food plans and preparation techniques based on various diet needs. • Develop a brochure recommending food preparation techniques to retain nutrients. • Modify a recipe/formula according to specific nutritional needs. • Demonstrate a modified recipe.

Indicator #3 Apply risk management procedures to food safety and sanitation.

Analysis	<p>DN 3.1 Describe food service management safety and sanitation program components.</p> <p>Examples:</p> <ul style="list-style-type: none">• Create a PowerPoint presentation describing safe food handling practices.• Role play safe and unsafe food handling.• Examine and discuss SD State Health Inspection forms.• Interview food service personnel about safety and sanitation and report information in oral or written form.• Examine food service inspection forms and have a class discussion about the standards and expectations for food service programs.
Analysis	<p>DN 3.2 Utilize industry standards to document, investigate, and report food borne illnesses.</p> <p>Examples:</p> <ul style="list-style-type: none">• Prepare a news story on a food borne illness.• Research and report on current events.• Analyze case studies to determine causes and results of food borne illnesses.• Use ServSafe forms to analyze school concession stands for food safety and sanitation procedures.• Interview state health officials to determine procedures used in investigating food borne illness occurrences.