

# Dietetics

Dietetics is a one-credit course that provides students with advanced knowledge and skills used in nutrition and dietetics. Major topics include nutrition, meal planning, safety, food science, and professional behavior.

Career and technical student organizations are integral, cocurricular components of each career and technical education course. These organizations serve as a means to enhance classroom instruction while helping students develop leadership abilities, expand workplace-readiness skills, and broaden opportunities for personal and professional growth.

## Nutrition

Students will:

1. Assess the influence of various factors on food and nutrition choices.  
Examples: socioeconomic, psychological, physiological, cultural, religious
2. Describe major nutrients and functions of these nutrients in the human body.
3. Determine nutrient deficiency diseases common throughout the world.
4. Determine food modifications required with special diets.  
Examples: vegetarianism, sports nutrition, diabetes, lactose intolerance, food allergies
5. Assess the long-term effects of food choices on a healthy lifestyle.

## Meal Planning

6. Evaluate various types of menus used in meal planning.  
Examples: cycle, nonselective, selective, single use
7. Use dietary guidelines to plan menus that meet nutritional needs of clients throughout the life span.
8. Assess common therapeutic diets for suitability.  
Examples: liquid, soft, bland, diabetic, calorie-restricted, calorie-controlled, fat-restricted, sodium-restricted
9. Explain the importance of food preparation techniques that conserve nutrients.

## Safety

10. Recognize principles and procedures of the Hazard Analysis and Critical Control Point (HACCP) system for food handling and processing.

11. Determine microorganisms that cause foodborne illnesses and conditions required for growth of each.
12. Analyze symptoms and preventive measures for common foodborne illnesses.

## Food Science

13. Describe the chemical makeup of major food nutrients.  
Examples: carbohydrates, proteins, fats, vitamins, minerals, water
14. Use sensory methods to evaluate food products.

## Professional Behavior

15. Determine the importance of participating in nutrition and dietetic professional associations.
  - Describing ethical behavior in the field of dietetics
16. Interpret local, state, and federal legislation, regulations, and licensure laws related to dietetics and nutritional services.
17. Evaluate nutrition resources, services, and agencies available in the community.
18. Determine human relation skills required for interacting with the general public.

## Technology and Careers

19. Describe technology used in providing dietetics and nutrition services.
20. Determine career and entrepreneurial opportunities in dietetics and nutrition services.
  - Identifying required credentials for dietetics and nutrition services