

CVA Food For Life Syllabus



COBB VIRTUAL ACADEMY
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Class Description

Food for Life is an advanced course in food and nutrition that addresses the variation in nutritional needs at specific stages of the human life cycle: lactation, infancy, childhood, adolescence, and adulthood including elderly. The most common nutritional concerns, their relationship to food choices and health status and strategies to enhance well-being at each stage of the lifecycle are emphasized. This course provides knowledge for real life and offers students a pathway into dietetics, consumer foods, and nutrition science careers with additional education at the post-secondary level.

This course has three sections: Food for Life A is the first half of the class and includes Units 1-5. Food for Life B is the second half of the class and includes Units 6-9. Food for Life Y is the entire class and includes Units 1-9.

Click [HERE](#) for the Food for Life Y Class Schedule which outlines the Units, Lessons, and Assessments for this course.

Click [HERE](#) for the Food for Life State standards.

Class Outline

Unit 1: Structure and Functioning of the Digestive System

In this unit students will explore career paths in food and nutrition, learn the basic education and skills needed for those jobs, and understand how informed food choices support a healthy future. They will study the digestive system—its major organs, the four steps of digestion, and the role of enzymes—while also learning about bioavailability and the factors that affect how people absorb nutrients. Students will define essential nutrients, identify the six nutrient classes, and examine common food sources in the American diet.

Unit 2: What is a Healthy Diet?

In this unit students will learn about official consumer dietary guidelines and use them to compare different nutritious diets for various age groups. They will explore common food allergies and intolerances, understand the differences between them, and examine how these conditions influence menu planning and meal preparation. Students will also compare healthy meal plans and cooking methods at home versus dining out, while analyzing how lifestyle, environment, and income shape food choices. Additionally, they will identify resources that support individuals with limited income and evaluate the health benefits of home cooking compared to eating out.

Unit 3: Nutritional Needs During Pregnancy

In this unit students will learn how nutritional needs change throughout pregnancy for both the mother and the developing fetus. They will examine the role of the placenta, explore stages of fetal development, and understand how nutrition can influence fetal health. Students will discuss the effects of supplements, alcohol, drugs, and environmental toxins on pregnancy, identify nutrition-related maternal health concerns, and learn strategies to manage them. They will also explore what makes a pregnancy high-risk and how outcomes can be improved. Finally, students will plan a healthy menu that meets the needs of a pregnant woman and her fetus and compare it to the typical diet of a teenager.

Unit 4: Nutritional Needs of Newborns

In this unit students will compare breastmilk and formula feeding, identifying the advantages and disadvantages of each. They will learn about conditions that can affect a newborn's ability to feed effectively and practice the proper steps for safely preparing infant formula. Students will also examine the hazards of improper storage of both formula and breast milk and learn correct storage techniques to keep infants safe and healthy.

Unit 5: Nutritional Needs of Infants

In this unit students will learn about the changing nutritional needs of infants and how a lack of essential micronutrients can impact development. They will explore recommendations for introducing solid foods, compare different infant food sources, and practice safe techniques for preparing and storing homemade baby food. Students will also discuss how environmental factors can influence an infant's diet and overall well-being.

Unit 6: Nutritional Needs of Children

In this unit students will identify the nutritional requirements of children and examine how deficiencies in key nutrients can affect growth and development. They will evaluate when nutritional supplements may be appropriate, compare the quality of milk and milk alternatives, and explore environmental factors that influence childhood nutrition. Students will also learn how school nutrition programs support children's health and investigate a variety of food and nutrition careers.

Unit 7: Nutritional Needs of Adolescents

In this unit students will identify the nutritional requirements of adolescents and understand how proper nutrition supports the many physical and developmental changes that occur during the teen years. They will examine factors that influence adolescent eating habits, explore reasons teens may be at nutritional risk, and analyze the role of nutrition in physical activity. Students will also investigate the causes of adolescent obesity, evaluate popular teen weight-loss diets, and create balanced, evidence-based diet plans and strategies for healthy living.

Unit 8: Nutritional Needs of Middle Adults

In this unit students will identify the nutritional requirements and healthy diet patterns recommended for middle adults, while examining the health effects of imbalanced eating during this stage of life. They will explore the lifestyle and environmental factors that shape nutrition choices and learn strategies to help prevent chronic disease through diet. Students will also discuss the use of alternative sweeteners and fat substitutes. Finally, they will examine the role of physical fitness in supporting long-term health and develop exercise recommendations that align with official guidelines.



Unit 9: Nutritional Needs of the Elderly

In this unit students will learn how the aging process influences the nutritional needs of older adults and how to establish a balanced diet that supports healthy aging. They will examine factors that affect the nutritional status of the elderly and explore food assistance programs designed to support this population. Students will also understand how medications can impact nutrition, identify common drug-food interactions, and consider how these challenges can be managed. Finally, they will explore food and nutrition careers that serve people across the lifespan and demonstrate key workplace skills such as asking thoughtful questions, using innovative tools and technologies, and working productively in diverse teams.

CVA Work Policy

- All classwork must be completed and submitted using the links in CTLS by the DUE DATE listed on the Class Schedule.
- Work should be completed in the order it is assigned on the Class Schedule.
- All work submitted on time will be graded within 48 hours.
- Assignments not submitted by the due date will be marked missing. Missing assignments are calculated as zeros in the coursework average. When students submit missing work, the assignment will be graded and calculated into the coursework average.

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](http://cobbvirtualacademy.org) (cobbvirtualacademy.org) and the Class Schedule.

Grading

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

Category	Weight
Assignments	30%
Discussion Boards	15%
Quizzes	15%
Tests	30%
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](#).

 **Academic Integrity Process**

Consequences	1st	2nd	3rd	4th
Parent contact by teacher	✓	✓	✓	✓
Resubmit work for full credit	✓			
Resubmit work for half credit		✓		
Automatic zero			✓	✓
Parent contact by CVA administration			✓	✓
Notification by CVA administration to local school			✓	✓
Mandated proctored exam or coursework				✓
Other as designated by CVA or local school administration	✓	✓	✓	✓

General Information

- The Cobb Teaching and Learning System (CTLIS) is the platform used to deliver Cobb Virtual Academy classes.
- Students must earn 100% on the Student Orientation Quiz located inside each CVA Digital Classroom before they begin their Student Coursework.
- All coursework must be submitted through CTLIS.
- All CCSD students have access to Microsoft 365 applications and must submit assignments in the requested format.
- Students in all sections of this course will take an online final exam during the window of time published on the CVA website and the Class Schedule.

Technology Requirements



CTLS is geo-restricted to the United States.

- A modern PC or Mac Computer
 - Lightweight or mobile devices such as Chromebooks, iPads, Android tablets, or smartphones **may not** be compatible with many of our courses.
 - Windows or Mac based computer
- Access to Microsoft 365
- Internet access

CVA Expectations

Student

- Maintain consistent access to a computer and internet
- Login to the course daily and review the announcements
- Adhere to the deadlines listed on the Class Schedule
- Read and promptly respond to teacher communication
- Contact the teacher with questions
- Manage your time wisely

Teacher

- Welcome Phone Call in the first two weeks
- 24-hour turnaround on all communication
- 48-hour turnaround on grading for items submitted by the due date
- Provide relevant feedback on assignments
- Be accessible via email and phone or text during published hours
- Provide two or more live sessions per term

CTLS Parent Account

Cobb Virtual Academy teachers use CTLS Parent to communicate with students and parents. Students will automatically receive communication sent from CTLS Parent via their CCSD student email address and will be asked to provide a cell phone number to receive text communications. Directions for students to set up CTLS Parent are located in the CVA Orientation. Parents will receive communications according to their existing notification settings.

Student Support

A student's first source for support is their CVA teacher. However, additional support is available. The **CVA Learning Center** is staffed with facilitators and is available both **in person** and **virtually**.

Facilitators can assist students with getting started, class navigation, assignment instructions, submitting work, technical issues, and strategies for online success.

The in-person Learning Center is on the Cobb Horizon High School campus at 1765 The Exchange Atlanta, GA.



All CVA students are enrolled in the Student Support digital classroom which provides access to the Virtual Learning Center (VLC). Students use the CTLS chat feature to send a message to the Student Support Team during the hours it is open.

Live Sessions

Your teacher will post live session information to the Class Board.

