

CVA Food, Nutrition, and Wellness Syllabus



Class 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 class and includes Units 1-5. Food, Nutrition, and Wellness B is the second half of the class and includes Units 6-10. Food, Nutrition, and Wellness Y is the entire class and includes Units 1-10.

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

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

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

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

Class Outline

Unit 1: FCCLA

You will learn about all aspects of Family, Career and Community Leaders of America (FCCLA). You will also explore chapter projects that focus on a variety of youth concerns, including teen pregnancy, parenting, family relationships, substance abuse, peer pressure, environment, nutrition and fitness, teen violence, and career exploration.

Unit 2: Understanding Your Nutritional Needs

You will learn how to calculate your nutritional needs, including calories and how many servings you need for different foods. You'll be able to think about what you eat and what you should eat to feel your best. You'll also learn a little about physical activity.

Unit 3: The Science of Nutrition and Wellness

There are many different ideas about nutrition and wellness. How do you know what's right? It's all about the science of nutrition and wellness. In this unit, you will learn how scientists study nutrition

and wellness and why it matters to you. You'll learn about the health issues connected to nutrition and wellness and what we know about improving health through nutrition and physical activity. And you'll learn about the body mass index, metabolic rates, and how to use technology to make smarter nutritional choices.

Unit 4: The Eight Dimensions of Wellness

In this unit, you will learn about the aspects of wellness. Wellness isn't confined to good nutrition and exercise. It includes how you feel, how you relate to other people, whom you interact with, where you work, and much more. Each aspect of wellness is important for you to live a happy and fulfilling life. Wellness can be divided into eight separate areas or dimensions. You'll learn what each of these dimensions is and how you can change your behavior to improve that dimension of wellness.

Unit 5: Staying Smart and Safe in the Kitchen

The kitchen is home to more potential dangers than any other room in your house. Cuts, falls, food poisoning. In this unit, you'll learn how to keep your kitchen clean and free of pests, how to handle a knife safely, and how to store and cook food to prevent food-borne illnesses.

Unit 6: Preparing Fruits and Vegetables

Vegetables and fruits should make up a large portion of your diet, but many people overlook these delicious and healthy foods. Learning how to prepare and cook these foods can keep you healthy as well, enable you to experiment in the kitchen, and allow you to begin to develop cooking confidence. Get over your fears of Brussels sprouts and papaya. Tackle the tomatoes. Embrace the eggplant!

Unit 7: Cooking with Dairy and Eggs

In this unit, you'll learn about dairy products and eggs, and you'll be ready to start cooking with these foods in your own kitchen. Though most of what you'll learn is healthy, you'll also learn how to make some treats, including homemade ice cream!

Unit 8: Cooking with Meats, Poultry, Fish, Beans and Nuts

Now it's time to handle meats, poultry, fish, and vegetarian protein sources, such as beans and nuts. In this unit, you'll learn how to cook these foods to use in a variety of ways and how to make the most of cheaper foods, such as dry beans or inexpensive cuts of meat. Simple cooking formulas will get you started, and your own creativity will let you make an assortment of delicious dishes.

Unit 9: Grains, Breads, and Baking

Grains make up a significant part of nearly every diet, whether it's a healthy one or not. Eating a diet rich in whole grains keeps you healthier, but it does require you to know how to cook those grains. In this unit, you'll learn how to cook different grains and learn a little bit about baking as well.

Unit 10: Food and Nutrition Careers

In this unit, you will navigate various career resources and discuss the food and nutrition career field. Do you know what you want to be when you grow up?

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	20%
Discussion Boards	10%
Projects	30%
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](http://cobbvirtualacademy.org).





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.

