

## Food Science, Dietetics, and Nutrition



Representative



**Technology Education Concepts**  
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### Description

The Food Science, Dietetics, and Nutrition curriculum teaches students about the science of food production and processing, basic nutrition concepts, and dietetics. Real-world experiences and techniques pertaining to food science are found in the activities of the dehydration of fruits and vegetables, observing microscopic cultures, and using software to analyze ingredients of common foods consumed by teens. Through such activities, students learn about food preservation, food safety, microorganism growth, food nutrition labels, and what the future of food science holds. The process of thermodynamics is also discussed as students learn how to make ice cream by following a simple recipe.

### Skills

- Observe and record the growth of microorganisms
- Use software designed to analyze an individual's dietary intake
- Demonstrate the process of dehydration
- Follow food safety guidelines

### Knowledge

- Explain the importance of food safety
- Identify methods of food preservation
- Discuss and evaluate the nutritional quality of certain foods and principles

### Activities

- Activity 1 - Introduction
- Activity 2 - Food Safety
- Activity 3 - Food Preservation
- Activity 4 - Food Science - A Career
- Activity 5 - The Future of Food
- Activity 6 - Nutrition
- Activity 7 - Food Labels
- Activity 8 - Dietetics
- Activity 9 - What Does It All Mean?
- Activity 10 - Post-Test and Wrap-Up
- Activity 11 - Bonus Activity
- Activity 12 - Challenge
- Activity 13 - Open-Ended Challenge
- Activity 14 - Careers
- Activity 15 - Internet

### Standards

Food Production and Services Food Science, Dietetics, and Nutrition Nutrition and Wellness FCCLA Integration

### Module Includes:

Student Workbook, Instructor's Manual, Installation CD, Incubator, Dehydrator, Dehydrator Tray Set, Paring Knife (2), Cutting Board (2), Diet Software, Crop Identification Kit, Encyclopedia Software, Plastic Container, Measuring Cup Set, Measuring Spoon Set, Electronic Scale, Lab Coat (2), Safety Glasses (2), Scissors, Plastic Mixing Bowl, Thermometer, Scrub Brush, Plastic Spoon, Headphones (2), Module Box (2), Food Science, Dietetics, and Nutrition Supply Kit for 100 Students

### Requirements

Computer is required and sold separately.  
Food, water supply, refrigerator/freezer