

FOOD SCIENCE AND PERFORMANCE NUTRITION

Requirement area: CTE, Science, Elective

Course code: VFS200

Grade Level 10, 11, 12

Prerequisite: None

Length: Year long (1.0 credit)

Homework: Rare

Description: Are you tired of your lab teacher telling you, “Don’t eat your lab experiment”? Well in this lab science course you not only get to eat your experiments, but you are encouraged to! This course focuses on the application of biological, chemical, and physical principles to study the conversion of raw food products into processed forms suitable for direct human consumption and storage. Includes instruction in nutritional health and safety of the foods we eat. This course will also allow students to investigate their own nutritional interests in regards to sports performance if desired.