

# Lifetime Nutrition and Wellness Pacing Guide

	Recommended Weeks
<b>FCCLA Introduction</b>	<b>2 Weeks</b>
<b>Topic 1: Effective Work Habits</b>	<b>1 Week</b>
<ul style="list-style-type: none"> <li>Unit 1: Teamwork, Time Management, and Problem Solving (12)</li> </ul>	
<b>Topic 2: General Nutrition Principles</b>	<b>5 Weeks</b>
<ul style="list-style-type: none"> <li>Unit 1: Nutrients (35)</li> </ul>	
<ul style="list-style-type: none"> <li>Unit 2: Effects of Nutrition (14)</li> </ul>	
<ul style="list-style-type: none"> <li>Unit 3: Dietary Guidelines (20)</li> </ul>	
<b>Topic 3: Food Safety and Sanitation</b>	<b>1 Week</b>
<ul style="list-style-type: none"> <li>Unit 1: Food and Equipment (7)</li> </ul>	
<ul style="list-style-type: none"> <li>Unit 2: Foodborne Illnesses (12)</li> </ul>	
<ul style="list-style-type: none"> <li>Unit 3: Hygiene (3)</li> </ul>	
<b>Topic 4: Food Management Principles</b>	<b>8 Weeks</b>
<ul style="list-style-type: none"> <li>Unit 1: Recipes and Measurements (8)</li> </ul>	
<ul style="list-style-type: none"> <li>Unit 2: Preparation Techniques (12)</li> </ul>	
<ul style="list-style-type: none"> <li>Unit 3: Purchasing and Storage Strategies (12)</li> </ul>	
<ul style="list-style-type: none"> <li>Unit 4: Table Service, Food Presentation, and Etiquette (6)</li> </ul>	
<b>TESTING</b>	<b>1 Week</b>
<b>Topic 5: Digestion and Metabolism</b>	<b>3 Weeks</b>
<ul style="list-style-type: none"> <li>Unit 1: Process of Digestion and Metabolism (15)</li> </ul>	
<ul style="list-style-type: none"> <li>Unit 2: Physical Activity and Fitness (14)</li> </ul>	
<b>Topic 6: Lifetime Effects of Nutrition and Wellness</b>	<b>12 Weeks</b>
<ul style="list-style-type: none"> <li>Unit 1: Effects of Food Choices (9)</li> </ul>	
<ul style="list-style-type: none"> <li>Unit 2: Nutrition Related Health Risks (45)</li> </ul>	
<ul style="list-style-type: none"> <li>Unit 3: Nutritional Needs for Life Cycle and Lifestyle (15)</li> </ul>	
<ul style="list-style-type: none"> <li>Unit 4: Food Advertising (6)</li> </ul>	
<ul style="list-style-type: none"> <li>Unit 5: Nutrition Content and Portion Sizes (21)</li> </ul>	
<ul style="list-style-type: none"> <li>Unit 6: Organic, Green, and Sustainable Food Choices (11)</li> </ul>	
<ul style="list-style-type: none"> <li>Unit 7: Community Nutrition and Wellness Services and Agencies (6)</li> </ul>	
<b>Topic 7: Careers in Nutrition</b>	<b>2 Weeks</b>
<ul style="list-style-type: none"> <li>Unit 1: Training and Education, Goals, and Entrepreneurial Opportunities (10)</li> </ul>	
<b>TESTING</b>	<b>1 Week</b>