**TEXAS CTE LESSON PLAN**

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| **Lesson Identification and TEKS Addressed** | | |
| **Cluster** | Human Services |
| **Course** | Lifetime Nutrition and Wellness |
| **Lesson/Unit Title** | Careers in Nutrition – Keeping Everyone Healthy |
| **TEKS Student Expectations** | **130.274. (c) Knowledge and Skills**  (8) The student investigates careers in nutrition.  (A) The student is expected to compare and contrast education or training needed for careers in nutrition  (B) The student is expected to establish personal short-term and long-term career goals  (C) The student is expected to analyze entrepreneurial opportunities in nutrition |
| **Basic Direct Teach Lesson** | | |
| **Instructional Objectives** | **Students will:**   * Evaluate education needed for careers in nutrition * Ascertain short and long-term career goals * Investigate occupations in nutrition |
| **Rationale** | Due to interest in living a healthy lifestyle growing among people of all ages, the outlook for employment opportunities in the field of nutrition are also growing. This lesson will provide you with the opportunity to explore a variety of careers in nutrition. |
| **Duration of Lesson** | Six 45-minute class periods |
| **Word Wall** | **Career:** A profession or a life’s work within a certain field  **Certification:** Special standing within a profession because of accomplishing certain requirements  **Dietetics:** A program of study that prepares a person to become a dietitian  **Dietitian:** A person trained to apply nutrition principles to diet planning for achieving good health  **Entrepreneur:** A person who owns and operates his or her own business  **Entry level job:** A job that requires few skills and pays minimal salary  **License:** A work requirement set by the government  **Long-term goals:** An aim a person strives to reach over a long period of time  **Registered Dietitian (RD):** The only professional who is qualified to analyze a person’s diet and perform diet treatment  **Short-term goals:** An aim a person strives to reach over a short period of time |
| **Materials/Specialized Equipment Needed** | **Equipment:**   * Computer with projector for multimedia presentation * Computer lab for Internet research * Note: Check with the library to see if your school subscribes to the online databases such as World Book Online, Encyclopedia Britannica, EBSCO and so forth. These databases will introduce students to research from reliable sources.   **Materials:**   * Note cards, Careers in Nutrition Note Cards, double sided, on card stock * Occupational Outlook Handbook (available online) * Play money * Small step ladder * Copies of handouts   **PowerPoint:**   * Careers in Nutrition – Keeping Everyone Healthy   **Graphic Organizer:**   * Goal Setting: Careers in Nutrition   **Handouts:**   * Careers in Nutrition Note Cards * Rubric for Careers in Nutrition Note Cards |
| **Anticipatory Set** | **Before class begins:**  Set up a small step ladder and label each rung with   * Entry level * Technical level * Professional level   Add a small amount of play money to the bottom rung (entry level), more to the next level, etc.  Students will be able to see that with more education, they will be able to earn more money. |
| **Direct Instruction with**  **Special Education Modifications/**  **Accommodations** | Introduce lesson objective, terms, and definitions.  Begin PowerPoint, Careers in Nutrition – Keeping Everyone Healthy. Personalize script at bottom of slides to emphasize bullets. Allow for active discussion and questions.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * checking for understanding * allowing for extra time to respond |
| **Guided Practice with**  **Special Education Modifications/**  **Accommodations** | Brainstorm the titles and descriptions of various nutrition related careers. Correlate goal setting and obtaining a chosen career.  Distribute handout, Goal Setting: Careers in Nutrition. Have students select the career they are most interested in. Assist students as they work on this assignment.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * allowing for assistance from a peer tutor * providing step by step instructions on how to use databases * reducing written assignment |
| **Independent Practice/**  **Laboratory Experience**  **with Special Education Modifications/**  **Accommodations** | Introduce mini-research assignment. Distribute Careers in Nutrition Note Cards (one per student) and Rubric for Careers in Nutrition Note Cards. Review all components so that students understand how their assignment will be assessed. Students will take notes on information retrieved for their selected career using reliable sources. They must also prepare to present their findings to the class.  Students may select a career from the list provided or choose to further investigate various aspects of the career they selected in the goal setting activity. Assist students as they begin their research using the online databases. Review how to access reliable internet sources of information.  Students should cite their work on the front of the project note card. The databases will have the citation information needed. The citation machine website may be used to assist students with documenting their sources. <http://www.citationmachine.net>  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * allowing extended time for writing notes. * monitoring for distractions |
| **Lesson Closure** | Review terms, definitions, and lesson objectives.  Students will take turns presenting, discussing, and evaluating their note card findings.  Allow students to share their long and short-term career choice goals. |
| **Summative/End of**  **Lesson Assessment**  **with Special Education Modifications/**  **Accommodations** | Careers in Nutrition Note Cards will be assessed with rubric.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * assist student with reading from note cards. * encourage student to present to class. |
| **References/Resources** | **Textbook:**   * Kowtaluk, H. (2010) *Food for today*. Columbus, OH: Glenco, McGraw-Hill.   **Websites:**   * American Diabetic Association The world’s largest organization of food and nutrition professionals.<http://www.eatright.org> * Texas Cares A product of the Texas Workforce Commission/Labor Market and Career Information [http://www.texascareercheck.com/](http://www.texascaresonline.com/) * United States Department of Labor, Bureau of Labor Statistics Occupational Outlook Handbook, 2010-11 Edition <http://www.bls.gov/oco/> |
| **Additional Required Components** | | |
| **English Language Proficiency Standards (ELPS) Strategies** | * Word wall * Pre-reading supports such as, graphic organizers, illustrations, and pre-taught topic-related vocabulary * Pre-reading activities to enhance comprehension |
| **College and Career Readiness Connection[[1]](#footnote-1)** |  |
| **Recommended Strategies** | | |
| **Reading Strategies** | Have the Occupational Outlook Handbook available to student. It may also be accessed online. A classic reference about occupations from A to Z. Compiled by the US Bureau of Labor Statistics. Includes a description of the work, training and education, earnings, work conditions, etc. Entire handbook is online.<http://www.bls.gov/oco/> |
| **Quotes** | If the doctors of today do not become the nutritionists of tomorrow, then the nutritionists of today will become the doctors of tomorrow. **-Rockefeller Institute of Medicine research**  The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition. **-Thomas Edison**  A man too busy to take care of his health is like a mechanic too busy to take care of his tools. **-Spanish Proverb**  I do practice what I preach when it comes to nutrition. **-Mehmet Oz**  I was lucky enough to marry a wonderful chef. **-Mehmet Oz**  In my generation, except for a few people who’d gone into banking or nursing or something like that, middle-class women didn’t have careers. You were to marry and have children and be a nice mother. You didn’t go out and do anything. I found that I got restless. **-Julia Child** |
| **Writing Strategies** | **Journal Entries:**   * My career goals are: * In 10 years, I would like to work as a …… * In 5 years, I would like to work as a……. * Next year, I would like to work as a   **Writing Strategies:**   * RAFT letter: Write to a registered dietician asking for information about his/her career.   + Role: Student   + Audience: Registered Dietician   + Format: Letter   + Topic: Career information |
| **Communication 90 Second Speech Topics** | * Three important roles of a Registered Dietitian are… * Three places of employment for Dietetic Technicians are… |
| **Other Essential Lesson Components** | | |
| **Enrichment activity** | Assign students to prepare a bulletin board with nutrition careers from entry level to doctoral degrees. |
| **Family/Community Connection** | Invite a registered dietician to speak to the class about his/her career as well as the Food Service Director from your school district to explain the new nutritional guidelines for all Texas schools. |
| **CTSO connection** | Family, Career, and Community Leaders of America (FCCLA)<http://www.texasfccla.org>  **STAR Events**   * Career Investigation – An individual event – recognizes participants for their ability to perform self-assessments, research and explore a career, set career goals, create a plan for achieving goals, and describe the relationship of Family and Consumer Sciences coursework to the selected career.   **Knowledge Bowl**  A four-level, team competition that challenges students’ knowledge of all aspects of Family and Consumer Sciences.   * Food Sciences, Dietetics, & Nutrition |
| **Service Learning Projects** | Successful service learning project ideas originate from student concerns and needs. Allow students to brainstorm about service projects related to nutrition. For additional information on service learning see<http://www.servicelearning.org>  Ideas may include assisting at health fair to facilitate procedures or organizing a career day with all the CTE teachers from the different clusters |

1. Visit the Texas College and Career Readiness Standards at <http://www.thecb.state.tx.us/collegereadiness/CRS.pdf>, Texas Higher Education Coordinating Board (THECB), 2009. [↑](#footnote-ref-1)