



# HUMAN SERVICES

## A GUIDE TO PURSUING YOUR CAREER PATH

### NUTRITION & FOOD SCIENCE >>>

Those working in the food and nutrition field help people lead healthier lives through a balanced diet. These people plan food and nutrition programs and supervise the preparation and serving of meals. They help prevent and treat illnesses by promoting healthy eating habits and by recommending dietary modifications. Other job opportunities in this field include managing food service systems for institutions, such as hospitals and schools; and promoting sound eating habits through education and conducting research. Food scientists analyze food to determine what causes it to break down or spoil. They focus on the safe preservation and processing of food, as well as the nutritional value.

Nutrition jobs are found in hospitals, nursing care facilities, outpatient care facilities, offices of physicians and other health practitioners, correctional facilities, health departments and other health-related areas.

### HIGH SCHOOL PATHWAY CLASSES >>>



**FOOD, NUTRITION & WELLNESS** is the foundational course in the Nutrition & Food Science pathway with the focus of the course centered on healthy food and lifestyle choices. Students will investigate the interrelationship of food, nutrition and wellness to promote good health.



**FOOD FOR LIFE** addresses the variation in nutritional needs at specific stages of the human life cycle: lactation, infancy, childhood, adolescence, and adulthood including elderly. Provides knowledge for real life and offers students a pathway into dietetics, consumer foods, and nutrition science careers with additional education at the post-secondary level. **This course meets fourth science requirement for students.**



**FOOD SCIENCE** evaluates the effects of processing, preparation, and storage on the quality, safety, wholesomeness, and nutritive value of foods in an applied context, exposing students to the wonders of the scientific world. **This course satisfies the fourth science requirement for students.**



### CAPSTONE: WBL INTERNSHIP >>>

**WBL (WORK-BASED LEARNING)** connects skilled, knowledgeable and driven students to local businesses every year. Students who participate in the Human Services cluster and have been selected to participate in WBL will leave school early to work with our fantastic business partners. Benefits to students include a chance to put skills learned in the classroom to use in an authentic setting, getting a competitive advantage on their career and networking with industry leading professionals all while still in high school. [www.hallcowbl.org](http://www.hallcowbl.org)



### CAREER TECH STUDENT ORGANIZATIONS >>>

**FCCLA:** Family, Career and Community Leaders of America (FCCLA) is a national Career and Technical Student Organization (CTSO) for young men and women in Family and Consumer Sciences (FCS) education in public and private school through grade 12. FCCLA offers intra-curricular resources and opportunities for students to pursue careers that support families. Since 1945, FCCLA members have been making a difference in their families, careers, and communities by addressing important personal, work, and societal issues through Family and Consumer Sciences education.



### POTENTIAL CAREERS >>>

- Dietitians & Nutritionists
- Food Scientist & Technologists
- Dietetic Technicians
- Fitness & Wellness Coordinators
- Food Service Managers
- Security Management Specialists
- Personal Chef
- Personal Care Aide

# NUTRITION & FOOD SCIENCE

## CAREER PATHWAY - PLAN OF STUDY

### GRADUATION REQUIREMENTS >>>

#### ENGLISH/LANGUAGE ARTS

4 Units *Must Include:*

9th Grade Literature & American Literature

#### SOCIAL STUDIES

3 Units *Must Include:*

World History, US History, Government & Economics

#### MATHEMATICS

4 Units *Must Include:*

GSE Algebra I, GSE Geometry & GSE Algebra II

+

one additional GSE/AP/IB/DE Math course

OR

GSE Accelerated Algebra I/Analytic Geometry A,

GSE Accelerated Geometry B/Algebra II, GSE Precalculus

+

one additional GSE/AP/IB/DE Math course

#### SCIENCE

4 Units *Must Include:*

Physical Science or Physics; Biology;

Chemistry, Earth Systems, Environmental Science or AP/IB course

+

one additional Science course

#### HEALTH & PERSONAL FITNESS

1 Unit *Must Include:*

1/2 unit of each

#### CAREER, TECHNICAL & AGRICULTURE EDUCATION (CTAE)

3 Units *Must include:*

Food, Nutrition & Wellness, Food For Life, Food Science

#### ELECTIVES

4 Units

\*Students planning to attend most post-secondary institutions must take 2 units of the same modern language.

#### TOTAL UNITS REQUIRED

23 Units

### PERSONAL APTITUDES >>>

#### ACTIVITIES THAT DESCRIBE WHAT I LIKE TO DO:

- Care about people, their problems & their needs.
- Participate in community service & volunteer.
- Help people be at their best.
- Work with people of all ages.
- Think of new ways to do things.



#### PERSONAL QUALITIES THAT DESCRIBE ME:

- Good communicator
- Caring
- Non-materialistic
- Uses intuition & logic
- Non-judgmental

#### WANT MORE INFORMATION ON YOU?

YouScience is the science of YOU – how your mind is wired, what makes you tick, the skills and knowledge that set you apart. You have talent and there's a path that's right for you – we can help you find it.



Login to Infinite Campus and locate the SLDS Portal link on the left. Once logged in, click on "My Career Plan" then choose "Go to YouScience".

#### WHAT YOU LEARN IN SCHOOL MATTERS

You're learning skills and knowledge that can make you a qualified candidate for in-demand careers. Industry-recognized certifications, available to all pathway students, are great signals to employers that you have the skills they're looking for. Certifications help validate what you know, so other people know, that you know it.

#### QUESTIONS?

Contact your CTAE teacher, WBL Coordinator or School Counselor

## PATHWAY TO FUTURE CAREER OPTIONS >>>

### HIGH SCHOOL

#### Pathway Courses

Food, Nutrition & Wellness  
Food For Life  
Food Science

#### Capstone

WBL Internship  
Dual Enrollment

### POST-SECONDARY

#### Technical College

Certificate  
Diploma Program  
Degree Program

#### 4 Year College/University

Bachelor Degree  
Masters Degree  
Graduate Studies