



Pre-PAC Correlation



Lifetime Nutrition and Wellness

Outline of the Course	Nutrition, Food and Wellness Pre-PAC	Culinary Arts Pre-PAC
Topic 1: Effective Work Habits		
Unit 1: Teamwork, Time Management, and Problem Solving		2.A.1; 2.A.3; 2.A.4
Topic 2: General Nutrition Principles		
Unit 1: Nutrition	1.D.1; 2.A.4; 2.A.5; 5.A.1; 5.A.3; 5.A.4; 5.A.5; 5.B.1; 5.B.2; 5.B.4; 5.B.5; 5.B.6; 5.C.3; 5.C.4; 5.C.5; 5.C.6; 5.C.7; 5.D.2; 5.D.3; 5.D.4; 5.D.5; 5.E.1; 5.E.2; 5.E.4; 5.E.5; 5.F.1; 5.F.2; 5.F.4; 5.F.5	6.B.1
Unit 2: Effects of Nutrition	1.A.6; 1.A.7	6.B.5
Unit 3: Dietary Guidelines	2.A.1; 2.A.2; 2.A.3; 2.A.7; 2.B.2; 2.B.3	6.B.2; 6.B.3; 6.B.4
Topic 3: Food Safety and Sanitation		
Unit 1: Food and Equipment	3.A.1; 3.A.2; 3.A.3; 3.B.1; 3.B.2; 3.B.4; 3.B.5	1.B.5
Unit 2: Foodborne Illnesses	1.C.1; 1.C.2; 1.C.3; 3.C.1; 3.C.2; 3.C.3; 3.C.4;	1.B.1; 1.B.2; 1.B.3;
Unit 3: Hygiene	3.B.1	
Topic 4: Food Management Principles		
Unit 1: Recipes and Measurements	2.C.4	6.C.1; 6.C.2; 6.D.1; 6.D.3; 6.D.4; 6.D.5
Unit 2: Preparation Techniques	2.B.5; 2.B.6; 2.C.5; 2.C.6; 2.C.7; 2.C.8; 2.C.9	6.D.2; 7.A.1; 7.A.2;
Unit 3: Purchasing and Storage Strategies	1.B.1; 1.B.2; 1.B.5; 2.C.5; 2.C.6; 2.C.7; 2.C.8; 2.C.9	1.B.8
Unit 4: Table Service, Food Presentation, and Etiquette	2.C.10; 2.C.11	7.B.1; 7.B.2
Topic 5: Digestion and Metabolism		
Unit 1: Process of Digestion and Metabolism	5.C.8; 5.D.6; 5.E.6	
Unit 2: Physical Activity and Fitness	1.D.1; 1.D.2; 1.D.3; 2.A.8; 5.C.8; 5.D.6; 5.F.5	
Topic 6: Lifetime Effects of Nutrition and Wellness		
Unit 1: Effects of Food Choices	1.A.6; 1.A.7; 5.B.3	6.B.5
Unit 2: Nutrition Related Health Risks	1.C.5; 1.D.4; 1.D.5; 2.B.5; 2.B.6; 2.B.8; 5.B.3; 5.B.5	
Unit 3: Nutritional Needs for Life Cycle and Lifestyle	1.C.5; 2.B.1; 2.B.2; 2.B.3; 2.C.1	
Unit 4: Food Advertising	1.C.5; 2.D.4	
Unit 5: Nutrition Content and Portion Sizes	1.C.5; 1.C.6; 2.A.6; 2.D.1; 2.D.2; 2.D.3	

Unit 6: Organic, Green, and Sustainable Foods		
Unit 7: Community Nutrition and Wellness Services and Agencies	2.D.4	
Topic 7: Careers in Nutrition		
Unit 1: Training and Education, Goals, and Entrepreneurial Opportunities	6.A.1; 6.A.3; 6.A.4; 6.B.1; 6.B.2; 6.B.4; 6.D.1; 6.D.2; 6.D.4	4.A.1; .4.A.2; 4.C.2;