

Pre-PAC Instructional Resource Directory

Nutrition, Food, and Wellness

The Pre-PAC Instructional Resource Directory provides a list of suggested resources that address the domains, competencies, and content of Pre-PAC assessments. Use of the references and resources do not guarantee successful completion of the assessment. AAFCS does not endorse any external products (textbooks, curriculum, etc), vendors, consultants, or documentation that may be listed in the Directory. While every effort will be made to ensure accuracy and reliability of content, AAFCS assumes no responsibility for errors or for use of the information provided. Additionally, AAFCS disclaims any and all liability for any claims or damages that may result from providing information contained on the site, including any Web sites maintained by third parties and linked to the Pre-PAC site. The responsibility for content rests with the organizations that provide the information. The inclusion of links from the site does not imply endorsement by AAFCS. The most recent edition of the textbook may be utilized as a resource.

Books

American Dietetics Association Complete Guide to Nutrition

Author: Roberta Duyff

Publisher: American Dietetics Association

Description: This book is a widely used reference in the nutrition and culinary profession.

Contemporary Nutrition: A Functional Approach

Author: Gordon M. Wardlaw; Anne M. Smith

Publisher: McGraw-Hill Higher Education

Description: A text used by introductory nutrition courses in post-secondary settings that provides students with reliable nutrition information and practical consumer-oriented knowledge.

Developing Career and Living Skills

Author: Mary Sue Burkhardt

Publisher: EMC Publishing

Description: This text, appropriate for use in secondary programs, addresses the skills necessary to explore a variety of careers and to succeed in a professional work environment.

Food for Today

Author:

Publisher: Glencoe-McGraw-Hill

Description: This comprehensive text, appropriate for use in secondary programs, addresses principles of food preparation and nutrition.

Food, Nutrition, and Wellness

Author: Roberta Duyff

Publisher: Glencoe-McGraw Hill

Description: This comprehensive text, appropriate for use in secondary programs, addresses principles of food preparation and nutrition.

Food Science: The Biochemistry of Food and Nutrition

Publisher: McGraw Hill

Description: This text, appropriate for use in secondary, food science programs, addresses basic food science fundamentals and principles.

Guide to Good Food

Author: Velda L. Largen; Deborah L. Bence

Publisher: Goodheart-Willcox

Description: This comprehensive text, appropriate for use in secondary programs, addresses principles of food preparation and nutrition.

Nutrition and Wellness for Life

Author: Dorothy F. West

Publisher: Goodheart-Willcox

Description: This comprehensive text, appropriate for use in secondary programs, addresses principles of food preparation and nutrition.

Nutrition Essentials: A Personal Approach

Publisher: McGraw Hill

Description: The program features a consumer-oriented focus and engaging content that empowers students to be nutrition-savvy consumers who prepare foods in safer and healthier ways.

Nutrition for Healthy Living

Author: Wendy J. Schiff

Publisher: McGraw Hill Higher Education

Description: The text, used by introductory nutrition courses in post-secondary settings, provides students with reliable nutrition information and practical consumer-oriented knowledge.

On Food and Cooking: The Science And Lore Of The Kitchen

Author: Harold McGee

Publisher: Scribner

Description: This revised and expanded edition is widely used and referenced in the nutrition and culinary profession.

Perspectives in Nutrition

Author: Carol Byrd-Bredbenner

Publisher: McGraw Hill Higher Education

Description: The text, used by introductory nutrition courses in post-secondary settings for nutrition majors and non-majors, provides students with reliable nutrition information and various features that emphasize personal application of the content.

Principles of Food Science

Author: Janet D. Ward

Publisher: Goodheart-Willcox

Description: This text, appropriate for use in secondary, food science programs, addresses basic food science fundamentals and principles.

Professional Association Websites

Academy for Eating Disorders

URL: <http://www.aedweb.org>

Description: The association focuses on research, education, treatment, and prevention of eating disorders. A variety of information, publications, and resources for both professionals and the public are available on the website.

Academy of Nutrition and Dietetics

URL: <http://www.eatright.org/>

Description: The professional association offers membership to food and nutrition professionals. The website provides access to numerous informational and educational publications and resources and a Public Information Center with the latest food and nutrition information and news.

National Eating Disorder Association

URL: <http://www.nationaleatingdisorders.org/>

Description: The association provides support to individuals and families affected by eating disorders and serves as a catalyst for prevention, cures and access to quality care. The website provides access to an educator's toolkit and other informational and educational publications, videos, and resources regarding eating disorders.

Partnership for Food Safety Education

URL: <http://www.fightbac.org/>

Description: The Partnership is a nonprofit that brings together stakeholders to ensure that Americans have access to actionable information they need to protect themselves from food poisoning. The Partnership works with an active network of 10,000 field educators, providing them with tools they can use to educate people about protecting their health through safe food handling and hygiene. The website has numerous educational resources and materials for classroom and public use.

School Nutrition Association

URL: <https://schoolnutrition.org/>

Description: The professional association offers membership to individuals involved in school nutrition. The website provides links and access to nutrition education news, publications, and resources.

Society for Nutrition Education

URL: <https://www.sneb.org/>

Description: The professional association offers membership to individuals involved in nutrition education and health promotion and addresses issues related to effective nutrition education, communication, and advocacy. The website provides links and access to nutrition education news and resources.

The Vegetarian Resource Group

URL: <http://www.vrg.org/>

Description: The non-profit organization is dedicated to educating the public on vegetarianism and the interrelated issues of health, nutrition, ecology, ethics, and world hunger. Their website provides a wealth of information, articles, and resources on vegetarianism for the public, for educators, and for children, teens and families.

Government Websites

Bureau of Labor Statistics Occupational Outlook Handbook

URL: <https://www.bls.gov/ooh/>

Description: This government website provides information regarding careers and the associated duties/responsibilities, work setting, education and training requirements, salary, and projected growth.

Centers for Disease Control

URL: <http://www.cdc.gov/>

Description: This government website provides access to publications, tools, information and resources associated with a variety of health, wellness and food safety topics.

Food and Agricultural Organization

URL: <http://www.fao.org/>

Description: FAO efforts are designed to ensure that people have regular access to enough high-quality food to lead active, healthy lives. The website provides links/access to publications and statistics that provide a current and comprehensive perspective of food and agriculture globally. A variety of informational resources are accessible through its "Knowledge Forum."

Food and Drug Administration (FDA)

URL: www.fda.gov

Description: The government website features a "Food" section that provides current information relevant to food, nutrition, and wellness and appropriate for consumer and industry audiences.

Food and Nutrition Information Center

URL: <https://www.nal.usda.gov/programs/fnic>

Description: The website provides credible, accurate, and practical resources on a wealth of topic/subject areas for nutrition and health professionals, educators, government personnel and consumers.

Food Safety and Inspection Service (FSIS)

URL: <http://www.fsis.usda.gov/>

Description: FSIS is the public health agency in the U.S. Department of Agriculture responsible for ensuring that the nation's commercial supply of meat, poultry, and egg products is safe, wholesome, and correctly labeled and packaged. The website provides information, news, research, videos, and resources on a variety of food safety topics.

FoodSafety.gov

URL: <http://www.foodsafety.gov/>

Description: The website serves as the gateway to federal food safety information. The website provides access to current news, recall alerts, and multimedia and print resources on food safety topics.

Hazard Analysis Critical Control Points (HACCP)

URL: <https://www.fda.gov/food/guidance-regulation-food-and-dietary-supplements/hazard-analysis-critical-control-point-haccp>

Description: The government website provides background and current information regarding this food safety management system.

Nutrition.gov

URL: <http://www.nutrition.gov>

Description: The website provides easy, online access to government information and resources on food and human nutrition for consumers.

United State Department of Agriculture

URL: www.usda.gov

Description: USDA provides leadership on food, agriculture, natural resources, and related issues based on sound public policy, the best available science, and efficient management. The website provides current news, research, publications, and resources on food and nutrition and food safety topics.

Other Resources – Curricula, Teaching Materials, Handouts, Etc.

Action for Healthy Kids

URL: <http://www.actionforhealthykids.org/>

Publisher: Action for Healthy Kids

Description: The national nonprofit network, consisting of volunteers and partner organizations, focuses its efforts on fighting childhood obesity and undernourishment. They provide numerous programs for schools and community groups and their website features facts and instructional resources on nutrition education, physical activity, and childhood obesity.

Be Smart, Eat Smart, Live Smart

URL: <http://besmart-eatsmart.com/>

Publisher: Sodexo School Services

Description: The website provides facts and information on nutrition education and offers instructional resources for nutrition education programs targeting schools and adults. The website features nutrition tools, links to nutrition websites, and a “meet the dietitian” segment.

Beef Nutrition.org

URL: <https://www.beefitswhatsfordinner.com/nutrition>

Publisher: National Cattlemen's Beef Association

Description: This website provides numerous fact sheets, recipes, and instructional materials regarding a variety of topics related to beef product information, cookery tips and techniques, and nutrition.

Beef University: A Food Service Guide to Beef

URL: <http://www.beeffoodservice.com/beefuniversity.aspx>

Publisher: Beef Checkoff Program, National Cattlemen's Beef Association

Description: This program provides modules, PowerPoint files, and fact sheets regarding numerous topics on beef product information, cookery tips and techniques, and nutrition.

Bell Institute of Health and Nutrition

URL: <http://www.bellinstitute.com/>

Publisher: General Mills

Description: Through its staff of registered dietitians and scientists, the Institute is committed to communicating quality nutrition education and information. The website provides a wealth of educational and multimedia resources on topics related to nutrition education, such as healthy eating, nutrients, product information, and health conditions.

Culinary Arts Curriculum

URL: https://www.depts.ttu.edu/hs/ccfcs/digital_curriculum.php

Publisher: The Curriculum Center for Family and Consumer Sciences

Description: The online curriculum, available with a subscription, includes electronic versions of student resources and teacher lesson plans, presentations, and additional resources and tools. The curriculum is correlated to the Pre-PAC competencies.

Expanded Food and Nutrition Education Program

URL: <https://efnep.extension.org/>

Publisher: Cooperative Extension Service

Description: The site is an interactive, online learning environment that provides food and nutrition related information and educational resources developed by content specialists and researchers at land grant universities.

Food Insight: Your Nutrition and Food Safety Resource

URL: <http://www.foodinsight.org/>

Publisher: International Food Information Council Foundation

Description: The Foundation provides food safety, nutrition, and healthful eating information to help individuals make good and safe food choices. The resources and tools provided on the website are targeted to consumers and professionals and are categorized into nine major health and wellness topic areas.

Kellogg's Nutrition

URL: <http://www.kelloggsnutrition.com>

Publisher: Kellogg's

Description: The website provides easy-to-understand information and practical tips on diet and nutrition to make healthy food choices. In addition, the website offers nutrition education materials and resources, printable fact sheets, and several interactive nutrition tools.

Lifetime Nutrition and Wellness

URL: https://www.depts.ttu.edu/hs/ccfcs/digital_curriculum.php

Publisher: The Curriculum Center for Family and Consumer Sciences

Description: The online curriculum, available with a subscription, includes electronic versions of student resources and teacher lesson plans, presentations, and additional resources and tools. The curriculum is correlated to the Pre-PAC competencies.

National Dairy Council

URL: <https://www.usdairy.com/>

Publisher: National Dairy Council – Dairy Management, Inc.

Description: The Council is dedicated to educating the public on the health benefits of consuming milk and milk products throughout a person's lifespan. The website provides current information, news, research, and tips on dairy products and their nutritional value. In addition, the site provides access to educational materials and recipes.

Pork and Health

URL: <https://www.pork.org/nutrition/>

Publisher: National Pork Board

Description: This website, designed for nutrition professionals, provides numerous fact sheets, recipes, instructional materials, and education kits regarding the nutritional value of pork, food safety, and pork preparation.

Pork – Be Inspired

URL: www.porkbeinspired.com

Publisher: National Pork Board

Description: This website provides numerous fact sheets, recipes, and instructional materials regarding a variety of topics related to pork product information, cookery tips and techniques, and nutrition.

State Developed Curricula and Resources

URL: <https://www.leadfcsed.org/lead.html>

Publisher: LEAD FCS Education

Description: This site provides access and links to state Family and Consumer Sciences Education program websites. Many states provide curricula, instructional resources, and materials for teachers providing instruction in the content areas associated with Pre-PAC Products.

Supplemental Nutrition Assistance Program (SNAP-Ed Connection)

URL: <https://snaped.fns.usda.gov/resources/nutrition-education-materials>

SNAP-Ed nutrition education aligns with the Dietary Guidelines for Americans and MyPlate. Find materials that focus on healthy eating, safe food, staying active, stretching food dollars, and more.