

The Illinois School for the Deaf
Foods, Nutrition, and Wellness Studies Program of Study
June 27, 2017

Introduction

Career Pathways in Foods, Nutrition, and Wellness Studies at the secondary level at the Illinois School for the Deaf (ISD) provide preparation for a variety of occupations and assist students with developing skills as family and community members. The targeted occupations require product knowledge and skills and technology expertise that takes into consideration specialized technology and assistive devices for individuals with hearing loss in addition to excellent human relation skills. The Foods, Nutrition, and Wellness Studies program cover occupations in a wide array of areas, including: food preparation, planning and service as well as occupations as a food attendant and service worker.

ISD's programs in Foods, Nutrition, and Wellness Studies prepare students for employment in entry level occupations and further career preparation at the postsecondary level. Some students may choose to enter a career right out of high school whereas others may decide to further their education before entering a career. The Foods, Nutrition, and Wellness Studies program prepares students for lifelong learning. The tasks, skills and standards identified by business and industry as necessary for success in these occupations are used as the basis for the instructional program development. To assist students in achieving success in their chosen careers, the ISD Foods, Nutrition, and Wellness Studies programs emphasize the development of skills and knowledge that are transferable to a variety of settings. Additionally, students acquire the competencies and strategies necessary to improve the quality of life in their homes, communities and workplaces and to prepare them to become self-supporting citizens.

The following job outlook for occupations in Foods, Nutrition, and Wellness Studies was summarized from information provided by the Occupational Outlook Handbook. This information was updated in 2015. Jobs in food preparation are projected to increase by 6% from 2014-2024 which is about as fast as the average for all occupations. These occupations require on the job training for several weeks but no formal education or previous work experience. Jobs as a food and beverage serving and related worker are projected to increase by 10% from 2014-2024 which is faster than average for all occupations. These occupations also do not require formal education. Also, jobs as a cook are projected to increase by 4% from 2014-2024 which is slower than average for all occupations. Most training is completed on the job but could include post-secondary training. Job opportunities in this field are readily available due to the need to replace workers who chose other career paths, decide to pursue additional training, or are promoted within the food preparation industry.

ISD developed its Foods, Nutrition, and Wellness Studies program from statewide labor market information (LMI). Occupations with related skills have been grouped together to develop instructional programs which provide students with a wide range of opportunities for entry-level employment, career advancement and further education. As new occupations emerge and employment needs are demonstrated, additional programs will be developed. The ISD Foods, Nutrition, and Wellness Studies program includes the following areas:

- Nutrition and Culinary Arts I
- Nutrition and Culinary Arts II
- Nutrition and Wellness Occupations

The Foods, Nutrition, and Wellness Studies program prepares students for assuming the multiple roles of being a wage earner and community member. The program focuses on working as a team, work ethic, and how to adapt to the ever changing field of foods, nutrition, and wellness.

ISD follows a planned sequence of courses in its Foods, Nutrition, and Wellness Studies program. The content and learning experiences are defined in subject-specific course descriptions. ISD offers two semesters for each course rather than the one semester recommended because generally students who are deaf or hard of hearing face academic challenges and require additional time to learn the skills necessary for these courses. These skills must be formally taught. Because of the intense nature of the teaching, more time is required to cover the course content.

Components of ISD's Secondary Foods, Nutrition, and Wellness Studies

ISD's program includes the following components in its instructional programs.

1. **Qualified, Certified Professional Educator**—ISD's educator is fully qualified and certified as secondary Career Technical Education educator and possesses non-teaching work experience. The educator also holds her food handlers certification and food sanitation license.
2. **Student Services**--ISD employs appropriate support services and these services are available to all students in the Foods, Nutrition, and Wellness Studies program. Students at ISD have Individualized Education Plans (IEPs); individualized career plans; and individual advisement by the educator and counselor on a regular basis.
3. **Sequentially Structured, Aligned Programs**--The instruction in the Foods, Nutrition, and Wellness Studies program is based on worker competencies and includes the skills, knowledge and attitudes required for successful employment in the occupations served by the program. Programs include practical, logical, sequentially structured courses and

are aligned with Illinois State Board of Education Common Core standards,

4. Active Career and Technical Education Student Organizations – ISD is investigating the possibility of establishing a vocational organization/extracurricular activity for students in the Foods, Nutrition, and Wellness Studies such as a Culinary/Epicurean Club.
5. Facilities and Equipment—the facilities and equipment used in teaching the Foods, Nutrition, and Wellness Studies program is appropriate for the students enrolled in the program. It is adequately designed, installed and maintained to ensure safe operation and use but is in need of updating. There is appropriate instructional and storage space. Students participate in hands-on experiences in classroom and lab areas. Students also have the opportunity for job shadowing experiences and student work experiences.
6. Active CTE Advisory Council—ISD has an active CTE Advisory Council that meets twice per year. The council provides direction and feedback for development and evaluation of the instructional programs. Membership of the committee is comprised of employers/employees, students, educators, instructors, DRS staff, LLCC staff, ISBE staff, and local businesses.

Foods, Nutrition, and Wellness Studies Course Structure

Foundational-level courses introduce students to all aspects of food preparation, nutrition, and wellness and serve as a background for all ISD Foods, Nutrition, and Wellness Studies classes offered. A composite course, Nutrition and Culinary Arts I, is a two semester course which is offered to all high school and transitional living program students without a background in foods, nutrition, and wellness studies. This course exposes students to a variety of culinary occupations, safety and sanitation procedures, and the basic skills. This instruction is necessary to enable students to make meaningful decisions regarding further Foods, Nutrition, and Wellness Studies courses.

Skill-level courses provide students with experiences that support the acquisition of occupational standards and skills required for developing independent skills and employment. The 11th, 12th, and Transition grade skill-level courses provide students with the opportunity to develop marketable job skills as well as preparation for further postsecondary training. All Foods, Nutrition, and Wellness Studies programs include logical, practical, sequential learning experiences for the essential technical skills and are designed to achieve that goal. The goal of ISD is to collaborate with postsecondary programs in order to complete the full scope of instruction.

ISD provides classes that utilize work-sites that give real life experience in Foods, Nutrition, and Wellness Studies areas. The structure and content of the courses follows child labor laws and state rules and regulations. Examples of

Foods, Nutrition, and Wellness Studies work sites are: local and chain restaurants, dining rooms in residential settings, and local daycares.

Foods, Nutrition, and Wellness Studies

This program offers a sequence of planned educational classroom and laboratory experiences including career exploration, record keeping, content knowledge, practical work experiences provided by ISD staff and stakeholders.

Emphasis is placed on developing competencies in the following areas:

- Work place/employability skills
- Record keeping
- Content knowledge

Course Descriptions for the listed classes are in Appendix A.

APPENDIX A – COURSE DESCRIPTIONS

- **Course Title:** Nutrition and Culinary Arts I (ISBE # 16054A001)
 - **Course Description:** This course includes classroom and laboratory experiences needed to develop a knowledge and understanding of culinary principles and nutrition for people of all ages. Course content encompass: food service and preparation management using the decision-making process; meeting basic needs by applying nutrition concepts; meeting health, safety, and sanitation requirements; maximizing resources when planning /preparing/preserving/serving food; applying hospitality skills; analyzing nutritional needs in relation to change; and careers in nutrition and culinary arts, including entrepreneurship investigation. This course will also include the Food Handlers Class where students will have the opportunity to earn their food handler certification. This is a two semester course.
- **Course Title:** Nutrition and Culinary Arts II (ISBE # 16054A002)
 - **Course Description:** Nutrition and Culinary Arts II provides principles of application into the hospitality industry, including nutrition, culinary, and entrepreneurial opportunities. Course content includes the following: selection, purchase, preparation, and conservation of food, dietary needs and trends, regional & international cuisine, safety and sanitation, and careers in food service industries. All of these concepts can be interpreted through laboratory experiences. This is a two semester course.

- **Course Title:** Nutrition and Wellness Occupations (ISBE # 16054A003)
 - **Course Description:** This course will concentrate on expanding student's knowledge and experiences with nutrition concepts, food science, and healthy lifestyles. Nutritional analysis, nutrient functions, food allergies, diet and disease, menu analysis, energy and wellness, meal planning & management, nutritional needs across the life span, impacts of science and technology on nutrition and wellness issues, and food safety and sanitation management are topics covered in this course through theory, projects, and laboratory experiences. Students will gain experience in preparing a variety of communications to teach the importance nutrition and wellness. This is a one semester course.

- **Course Title:** Student Work Experience (ISBE # 22998A000)
 - **Course Description:** Workplace Experience courses provide students with work experience in a field related to their interests. Goals are typically set cooperatively by the student, teacher, and employer (although students are not necessarily paid). These courses may include classroom activities as well, involving further study of the field or discussion regarding experiences that students encounter in the workplace.