

High School to College and Career Pathway: Secondary

Career and Technical Education: Preparing Students for College and Career!



Area of Study: Family and Consumer Sciences

Pathway: Food Science, Dietetics and Nutrition

Get the Facts

Researchers don't know why, but people living in mountain states eat 30 percent more cookies than other people.

Workforce Trends

Dietitians and nutritionists held about 60,300 jobs in 2008. Nationwide, employment of dietitians and nutritionists is projected to increase 9 percent through the year 2018, as a result of increasing emphasis on disease prevention through improved dietary habits.



CAREER AND TECHNICAL EDUCATION Recommended Pathway Courses		
(Students may select individual courses for exploration, or a complete Pathway for an in-depth focus.)		
CLASS AVAILABILITY MAY VARY AT YOUR HIGH SCHOOL		
Course #	Foundation Courses: (required)	Credit
20.0108	Food & Nutrition I	.50
20.0118	Food & Nutrition II	.50
Elective Courses:		
20.0102	Child Development *	.50
20.0112	Human Development	1.00
20.0128	Food Science	.50
20.0138	Foundations of Nutrition *	.50
32.0199	Student Internship (Critical Workplace Skills)	.50

* Course can be taken up to 1.00 credit.

1.0 credit

2.00 credits

3.00 credits for completion

Food Science Dietetics and Nutrition is:

- > High skill
- > Nontraditional for males

Sample Career Occupations

- > Dietetic Technician
- > Dietitian
- > Family and Consumer Sciences Education Teacher
- > Food/Drug Inspector
- > Food Scientists
- > Food Technologist
- > Medical Dietitian
- > Nutritionist

Middle School		State Requirements			High School Suggested Education Plan				College and Career
7th Grade	8th Grade	Middle School	High School		9th Grade Suggested	10th Grade Suggested	11th Grade Suggested	12th Grade Suggested	Beyond High School
Language Arts 7 1.00	Language Arts 8 1.00	2.00	Language Arts	4.00	Language Arts 9 1.00	Language Arts 10 1.00	Language Arts 11 1.00	Language Arts 12 1.00	There are a number of options for education and training beyond high school, depending on your career goals. <ul style="list-style-type: none"> > Certificate > Associate degree > Bachelor's degree > Professional degree > On-the-job training > Apprenticeship > Military training For more information on salary projections, labor market demand, and training options, visit www.utahfutures.org .
Math * 1.00	Math * 1.00	2.00	Math	3.00	Math * 1.00	Math * 1.00	Math * 1.00		
Science .50	Science 1.00	1.50	Science	3.00	Earth Systems 1.00	Biological Science 1.00	Chemistry 1.00		
Utah Studies .50	U.S. History I 1.00	1.50	Social Studies	3.00	Geography for Life .50	World Civilizations .50	U.S. History II 1.00	U.S. Government and Citizenship .50	
P.E. 1.00	Health .50	1.50	P.E./Health	2.00	Participation Skills and Techniques .50	Fitness for Life .50 / Health Education .50 Lifetime Activities or Sport .50			
The Arts .50	The Arts .50	1.00	Fine Arts	1.50	Fine Arts Courses 1.50				
Keyboarding .50			Computer Tech.	.50	Computer Technology .50				
CTE Intro 1.00		1.00	CTE	1.00	Refer to Career and Technical Education box above.				

* Talk to your school counselor about math requirements in the new common core curriculum. Core curriculum and elective requirements may vary district to district.

Concurrent enrollment course offerings vary by school and district. Many Utah postsecondary programs accept high school courses toward a two- or four-year degree through concurrent enrollment. Check regional postsecondary Pathways for details.