I. Role of Food in the Body
   A. Review of Essential Nutrients and Dietary Guidelines
   B. The Digestion of Food

II. Nutrition and Physical Fitness
   A. Influences on Food Selection
   B. Ideal Body Weight
      1. Food-related illnesses
         a. Malnutrition
         b. Anorexia
         c. Bulimia
      2. Exercise and fitness
      3. Weight loss, weight gain, and weight maintenance plans
   C. Food Facts and Fallacies
      1. Controlling fats, salt, and sugar
      2. Vitamin supplements

III. Skills and Techniques of Food Preparation
   A. Review of Laboratory Procedures
   B. Kitchen Equipment
      1. Microwave ovens
      2. Cutting tools
      3. Portable electric appliances
   C. Purchasing Food
      1. Marketing strategies -- advertising and coupons
      2. Shopping lists
      3. Selecting a store
      4. Consumer rights and responsibilities

IV. Foundations of Nutritious Food Preparation
   A. Soups, Stocks, and Sauces
   B. Salads and Salad Dressings
   C. Eggs
   D. Poultry
   E. Fish

V. The Basics of Baking
   A. Functions of Ingredients
   B. Baking Equipment and Storage
   C. Preparation of Nutritious Bakery Items

VI. Careers in Food and Nutrition
   A. Career Exploration
   B. Career Suitability