



OKLAHOMA
CareerTech

Badge Details

Name	8761 – Nutrition and Wellness
Description	Nutrition and Wellness is an introductory course valuable for all students as a life foundation and academic enrichment; it is especially relevant for students interested in careers related to nutrition, food, and wellness. This nutrition class introduces students to only the basics of food preparation so they can become self-sufficient in accessing healthy and nutritious foods. Major course topics include nutrition principles and applications; influences on nutrition and wellness; food preparation, safety, and sanitation; and science, technology, and careers in nutrition and wellness.

<p>Criteria</p>	<p><i>Candidates receiving this certification will take an exam with the following criteria:</i></p> <p>This exam is composed of 55 questions</p> <ol style="list-style-type: none">1. Nutrition Principles and Applications 38%2. Influences on Nutrition and Wellness 16%3. Food Preparation, Safety, and Handling 38%4. Science, Technology, and Careers 8%
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