

Food Science & Nutrition Endorsement

Specifications, Competencies & Requirements

PURPOSE

This endorsement is meant for certified teachers interested in teaching **Food Science and Nutrition** courses. It attaches to a current Utah Educator License with a license area of concentration in **Secondary** or **CTE** Education.

Upon attachment of this endorsement to a Utah educator license, educators will be approved to teach the following USBE courses:

Food & Nutrition
Dietetics & Nutrition 1
Dietetics & Nutrition 2
Food Science Foundations
Nutrition

ENDORSEMENT REQUIREMENTS

Prerequisite

Demonstrate an understanding of Career and Technical Education (CTE) basics.
CTE Knowledge

Associate Level Requirements

Applicants must complete **TWO** of the following competency requirements. The associate-level endorsement is valid for up to 3 school years before it expires. Associate-level endorsements are non-renewable.

Nutrition
Intermediate Nutrition
Food Science
Family, Career and Community Leaders of America (FCCLA) Advising
Family and Consumer Science (FCS) Lab Safety & Procedures

Professional Level Requirements

The applicant must meet **ALL** the competency areas listed above.

COMPETENCY DETAILS & DESCRIPTIONS

Prerequisites

1. CTE Knowledge

Demonstrate an understanding of CTE basics:

- Explain how CTE links learning to specific Utah industries and what its main goals are.
- Know the licenses and endorsements needed to teach specific CTE courses.

- Describe how CTE is organized into clusters and pathways at the state, district (LEA), and school levels, and how this helps students succeed after graduation.
- Locate and use the state's strands and standards in lesson plans.
- Explore CTE student organizations (CTSOs) and professional groups and explain how they support students and teachers.
- Explain how advisory boards, with industry members, make sure programs meet job market needs and maintain safe learning environments.
- Understand the basics of securing funding, planning for the future of the program, and participating in the state Program of Quality Review (PQR) to ensure program excellence.

Select **one** of the following options:

- **USBE Course:** [CTE Orientation](#)
- **Complete THREE years of full-time CTE Teaching in Utah**
- **Currently hold a professional-level CTE endorsement**

Endorsement Competencies

2. Nutrition

Comprehensive knowledge of the basic principles of human nutrition, including the roles of carbohydrates, proteins, fats, vitamins, minerals, and water in maintaining health, exploring the relationship between diet and disease prevention, and examining how nutrition impacts different life stages like pregnancy, childhood, and aging.

Select **one** of the following options:

- **Work Experience:** 3 Years of work experience in the **Nutrition** industry (ex, nutritionist, dietitian, food scientist). [Complete the Verification of Occupational Experience Form](#).
- **DOPL Certified Dietitian License**
- Registered Dietitian (RD) or Registered Dietitian Nutritionist (RDN)
- **College Course:** At least 3 credit hours and passing grades in a Foundations of Nutrition (ex, NUTR 1020) course.
- **Microcredentials (both required):**
 - FCS Endorsement: Lab Techniques for Foods & Nutrition and Culinary Arts Pathway
 - Culinary Math and Menu Planning
 - Kitchen Equipment and Management
 - Workplace and Lab Safety and Sanitation
 - Six Basic Nutrients & Their Functions (FCS) Microcredential

3. Intermediate Nutrition

Knowledge of human nutrition, particularly the metabolism of vitamins, minerals, and energy-producing nutrients, including their structure, properties, and functions within the body.

Select **one** of the following options:

- **Work Experience:** 3 Years of work experience in the **Nutrition** industry (ex, nutritionist, dietitian, food scientist). [Complete the Verification of Occupational Experience Form](#).
- **DOPL License** Certified Dietitian License
- Registered Dietitian (RD) or Registered Dietitian Nutritionist (RDN)

- **College Course:** At least 3 credit hours and passing grades in a Nutrition in the life cycle (ex, NUTR 2020) course.
- **Microcredentials (all required):**
 - FCS Endorsement: Foods & Nutrition and Culinary Arts Industry Pathway
 - Culinary Industry Careers
 - Culinary Industry History and Trends
 - Culinary Supply Chain
 - Six Basic Nutrients & Their Functions (FCS) Microcredential
 - FCS Endorsement: Cooking Techniques Pathway

4. Food Science

Knowledge of the chemical and physical composition of food and food ingredients to understand how best to preserve, process, package, and distribute foods that are nutritious, wholesome, affordable, desirable, sustainable, and safe to eat.

Select *one* of the following options:

- **Work Experience:** 3 Years of work experience in the **Nutrition** industry (ex, nutritionist, dietitian, food scientist). A letter of recommendation including detailed job duties related to nutrition, years of employment, and supervisor contact information.
- **DOPL Certified Dietitian License**
- Registered Dietitian (RD) or Registered Dietitian Nutritionist (RDN)
- **College Course:** At least 3 credit hours and passing grades in a Food Science (ex, NUTR 1240) course.
- **Microcredentials (all required):**
 - FCS Endorsement: Foods & Nutrition and Culinary Arts Industry Pathway
 - Culinary Industry Careers
 - Culinary Industry History and Trends
 - Culinary Supply Chain
 - FCS Endorsement: Lab Techniques for Foods & Nutrition and Culinary Arts Pathway
 - Culinary Math and Menu Planning
 - Kitchen Equipment and Management
 - Workplace and Lab Safety and Sanitation
 - Food Science (Coming)

5. Family, Career, and Community Leaders of America (FCCLA)

Advising

Demonstrate leadership knowledge by empowering student members to develop leadership skills and take initiative. Provide mentorship opportunities, helping students set goals and navigate challenges in their growth. Show knowledge in organizational management, coordinating meetings, events, and budgeting while overseeing administrative tasks. Develop programs and methods to align with the CTSO's mission, fostering leadership development, career exploration, and skill-building. Possess strong communication skills to engage with members, administrators, and stakeholders and promote the CTSO within the community. Collaborate with school faculty, industry partners, and organizations to create opportunities like internships and community service projects. Demonstrate advocacy skills to promote CTE and secure resources and recognition. Demonstrate commitment to professional

development and staying informed about CTSO management and CTE trends. Show prioritization of student success by advocating for their interests and celebrating achievements.

Select one of the following options:

- **FCCLA New Advisor Training:** This is an in-person option offered each summer. Visit the [CTE Calendar](#) for more information.
- **USBE Canvas Course:** [FCCLA New Advisor Canvas Course](#)
- **FCCLA Microcredential**

6. Family and Consumer Science (FCS) Lab Safety & Procedures

Demonstrate best practices relevant to FCS education. Show knowledge of curriculum development, including designing, developing, and evaluating FCS curricula, selecting instructional materials, and creating assessments that align with the state strands and standards. Show various instructional strategies for teaching FCS concepts and skills. Demonstrate effective classroom and lab safety training, integrating safety principles and procedures into instructional activities. Demonstrate methods for training on using specific technology, tools, and resources to enhance instruction, manage FCS labs, assess student learning and performance, professional development opportunities, and legal and regulatory requirements relevant to FCS education. Demonstrate awareness of strategies in establishing and maintaining partnerships with industry stakeholders to enhance student learning and career opportunities.

Select one of the following options:

- **FCS New Teacher Training:** This in-person option is offered each summer. Visit the [CTE Calendar](#) for more information.
- **USBE Canvas Course:** [FCS New Teacher Training](#)
- **Workplace and Lab Safety and Sanitation Microcredential; Modules 1-3**