

# Nutrition and Wellness (2014)

## Personal, Academic, and Career Success

### **Core Standard 1** Integrate processes of thinking, communication, leadership, and management in order to apply knowledge and skills for nutrition, food, and wellness.

- 1 Demonstrate components of critical thinking, creative thinking, and reasoning [NW-1.1](#)
  - 2 Evaluate effective communication processes in school, family, career, and community settings [NW-1.2](#)
  - 3 Demonstrate leadership that encourages participation and respect for the ideas, perspectives, and contributions of group members [NW-1.3](#)
  - 4 Apply management, decision-making, and problem solving processes to accomplish tasks and fulfill responsibilities [NW-1.4](#)
  - 5 Examine the interrelationships among thinking, communication, leadership, and management processes to address family, community, and workplace issues [NW-1.5](#)
  - 6 Demonstrate fundamentals to career success (e.g. strong work ethic, goal setting, time-management, positive attitude, adaptability/flexibility, stress resilience, accountability, self-discipline, resourcefulness, cooperation, self-assessment) [NW-1.6](#)
  - 7 Demonstrate etiquette skills for business and social situations [NW-1.7](#)
  - 8 Apply knowledge gained through research to solve problems and communicate ideas in the fields of food, fitness, nutrition, and wellness [NW-1.8](#)
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## **- Nutrition Principles and Applications**

### **Code Standard 2 Apply nutrition principles to health and wellness choices across the life span.**

- 1 Analyze food and nutrition information, including USDA Dietary guidelines and MY Plate, to meet nutrition and wellness goals across the lifespan **NW-2.1**
  - 2 Demonstrate proper portion sizes from each of the food groups to meet nutrition and wellness needs of individuals across the lifespan **NW-2.2**
  - 3 Describe the six classes/groups of nutrients, explain their functions to meet health and nutrition requirements of individuals and families, and classify food sources **NW-2.3**
  - 4 Compare food label information to make health and wellness choices **NW-2.4**
  - 5 Analyze and assess wellness goals across the lifespan, particularly for teenagers (e.g., food fads and fallacies, extreme procedures for weight management, sports supplements, nutritional supplements) **NW-2.5**
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## **Influences on Nutrition and Wellness**

### **Core Standard 3 Analyze factors that influence nutrition and wellness practices.**

- 1 Assess physical, emotional, social, intellectual, cultural, and ethnic components of individual and family wellness **NW-3.1**
  - 2 Explain how geographical location and climate location affects food selection and availability **NW-3.2**
  - 3 Examine how economic factors affect food selection and availability **NW-3.3**
  - 4 Identify legislation and regulations related to food, nutrition, and wellness issues **NW-3.4**
  - 5 Evaluate the nutritive value and costs of snacks, fast foods, and balanced meals **NW-3.5**
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**– Food Preparation,  
Safety, and Handling**

**Core Standard 4 Demonstrate abilities to prepare and serve safe, nutritious foods.**

- 1 Define and explain food borne illness and demonstrate how to prevent them by applying the concepts of “clean, separate, cook, and chill” [NW-4.1](#)
  - 2 Demonstrate basic abilities to safely use and maintain equipment within a kitchen setting, including large and small appliances, small kitchen tools, measuring tools, and knives [NW-4.2](#)
  - 3 Demonstrate abilities to prepare nutritious foods using a variety of basic methods and techniques [NW-4.3](#)
  - 4 Apply basic principles of resource management when planning, preparing, and serving nutritious food, including food costs and availability, work plans and timetables, efficient work methods, and collaboration with others [NW-4.4](#)
  - 5 Demonstrate abilities to increase and decrease recipe measurements based on desired yield [NW-4.5](#)
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**Science, Technology,  
and Careers in Nutrition  
and Wellness**

**Core Standard 5 Analyze impacts of science, technology, and careers on nutrition and wellness**

- 1 Discuss current technology and techniques used to develop, produce, process, and store foods and their impacts on food safety, nutrition, and wellness (e.g., organic, holistic, genetics, hormones) [NW-5.1](#)
- 2 Explore technological tools and advancements used to track nutrition and wellness goals and progress [NW-5.2](#)
- 3 Examine developments and trends in food marketing, and their impacts on family and consumer choices [NW-5.3](#)
- 4 Discuss trends, employment opportunities, and preparation requirements for careers related to nutrition, food, and wellness [NW-5.4](#)