

ADVANCED NUTRITION AND WELLNESS

Advanced Nutrition and Wellness is a course which provides an extensive study of nutrition. This course is recommended for all students wanting to improve their nutrition and learn how nutrition affects the body across the lifespan. *Advanced Nutrition and Wellness* is an especially appropriate course for students interested in careers in the medical field, athletic training and dietetics. This course builds on the foundation established in *Nutrition and Wellness*, which is a required prerequisite. This is a project-based course; utilizing higher-order thinking, communication, leadership and management processes. Topics include extensive study of major nutrients, nutritional standards across the lifespan, influences on nutrition/food choices, technological and scientific influences, and career exploration in this field. Laboratory experiences will be utilized to develop food handling and preparation skills; attention will be given to nutrition, food safety and sanitation. This course is the second in a sequence of courses that provide a foundation for continuing and post-secondary education in all career areas related to nutrition, food, and wellness.

- DOE Code: 5340
- Recommended Grade Level: Grade 10, 11, 12
- Recommended Prerequisites: Nutrition and Wellness
- Credits: 1 Credit per Semester, maximum of 2 credits
- Counts as a Directed Elective or Elective for the General, Core 40, Core 40 with Academic Honors and Core 40 with Technical Honors diplomas

Application of Content

Intensive laboratory applications are a component of this course and may be either school based or work based or a combination of the two. Work-based learning experiences should be in a closely related industry setting. Instructors shall have a standards-based training plan for students participating in work-based learning experiences.

Career and Technical Student Organizations (CTSO)

Career and Technical Student Organizations (CTSO) are a powerful instructional tool when integrated into Career and Technical Education programs. They enhance the knowledge and skills students learn in a course by allowing a student to participate in a unique program of career and leadership development. Students should be encouraged to participate in FCCLA (Family, Career and Community Leaders of America), the CTSO for Family and Consumer Sciences.

Suggested FCCLA Project Based Assessments

- Culinary Chicken Fabrication
- Culinary Food Art
- Culinary Knife Skills
- Career Investigation
- Entrepreneurship
- Illustrated Talk
- Job Interview
- Nutrition and Wellness
- Food Innovations

Content Standards

Domain 1 – 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.

Standards	
ANW-1.1	Demonstrate components of critical thinking, creative thinking, and reasoning
ANW-1.2	Evaluate effective communication processes in school, family, career, and community settings
ANW-1.3	Demonstrate leadership that encourages participation and respect for the ideas, perspectives, and contributions of group members
ANW-1.4	Apply management, decision-making, and problem solving processes to accomplish tasks and fulfill responsibilities
ANW-1.5	Examine the interrelationships among thinking, communication, leadership, and management processes to address family, community, and workplace issues
ANW-1.6	Demonstrate fundamentals to career success (e.g. strong work ethic, time-management, positive attitude, adaptability/flexibility, stress resilience, accountability, self-discipline, resourcefulness, cooperation, self-assessment)

Domain 2 – Nutrition Principles

Core Standard 2 Synthesize physiological functions, requirements, and food sources for each of the major nutrients (protein, carbohydrates, fats, vitamins, minerals, and water).

Standards	
ANW-2.1	Research the physiological functions of the major nutrients for the body (protein, carbohydrates, fats, vitamins, minerals, and water)
ANW-2.2	Recommend food sources following dietary guidelines for each of the major nutrients
ANW-2.3	Analyze variations in daily dietary requirements of each nutrient in order to meet nutrition needs across the life span and for special dietary needs
ANW-2.4	Predict the physiological consequences of an excessive or an insufficient amount of each nutrient in the diet
ANW-2.5	Develop and create meals and snacks offering a variety of foods which supply each major nutrient

Domain 3 – Nutrition Applications Across the Lifespan

Core Standard 3 Analyze different ways that nutrition affects the body across the lifespan.

Standards	
ANW-3.1	Evaluate standards for maintaining healthy nutrition across the life span (e.g., Choose YourPlate.gov, dietary guidelines, portion/serving sizes, nutrition labels)
ANW-3.2	Differentiate among various nutrition guidelines for different age groups and dietary needs (e.g., children, elderly, pregnant women, athletes, diabetics; individuals who are lactose-intolerant, require a gluten free diet, and/or have food allergies)
ANW-3.3	Develop and create healthy meals and snacks address individual and family resources, activities, and preferences (e.g., time constraints, financial and equipment limitations, extent of physical activity, dietary preferences such as vegetarian)
ANW-3.4	Analyze beverage choices for calorie count, nutritive value, and adequacy of hydration

	ANW-3.5	Develop individual nutrition and physical activity goals, reevaluating those goals and modifying them across the lifespan as needed
	ANW-3.6	Predict outcomes to nutrition challenges related to eating disorders, fad diets, and other factors relating to nutrition
Domain 4 – Influences on Nutrition and Wellness		
Core Standard 4 Explore ways that families, culture, communities, and governments influence nutrition and health of individuals.		
	Standards	
	ANW-4.1	Examine cultural and ethnical influences on individual food choices, dietary patterns, and practices
	ANW-4.2	Determine economic and governmental influences on food choices/availability and nutritional practices through legislation and regulations
	ANW-4.3	Discover various international cuisines and their influence on eating patterns
	ANW-4.4	Demonstrate appropriate etiquette for business and social situations
	ANW-4.5	Research government and community programs that support nutritional needs of individuals and families (e.g., Family Nutrition Program [FNP]; food co-ops; food pantries; Supplemental Nutrition and Purchasing [SNAP]; Women, Infants, and Children program [WIC])
Domain 5 – Food Preparation, safety and handling		
Core Standard 5 Implement principles of food acquisition, handling, and preparation.		
	Standards	
	ANW-5.1	Select, adapt, and prepare recipes to increase healthy aspects and accommodate specific dietary needs (e.g., energy needs, diabetes, lactose intolerance, celiac disease, food allergies)
	ANW-5.2	Demonstrate proper food preparation skills, selection, and storage of food
	ANW-5.3	Select and apply safety and sanitation practices that promote personal safety, food safety, and prevention of food borne illnesses
Domain 6 – Science and Technology in Foods and Nutrition		
Core Standard 6 Explore impacts of science and technology on nutrition and foods.		
	Standards	
	ANW-6.1	Determine impacts of technology, Internet, and social media as related to food choices, nutrient content, availability, and safety of food supply
	ANW-6.2	Apply information about current nutrition and food trends and issues, such as “farm to table,” food availability, organic food, and holistic eating practices
	ANW-6.3	Utilize available technological tools that support healthy nutrition practices (e.g., online programs and applications to calculate calories, dietary exchanges, and physical activity; www.ChooseMyPlate.gov ; and others)
	ANW-6.4	Examine and propose marketing practices that promote food production, choice/availability, and purchasing
Domain 7 – Career Exploration in Nutrition, Food, and Wellness		
Core Standard 7 Investigate career pathways, education, and training in areas related to nutrition, food, and wellness.		
	Standards	

	ANW-7.1	Examine potential career paths, trends, and job market opportunities related to nutrition, food, and wellness
	ANW-7.2	Determine roles and functions; knowledge, skills, and attitudes; and rewards and demands associated with various careers and levels of employment related to nutrition, food, and wellness
	ANW-7.3	Analyze personal qualifications, interests, values, and educational preparation required for careers and employment in nutrition, food, and wellness-related industries
	ANW-7.4	Identify volunteer roles, part-time jobs, and entry-level positions that offer opportunities to explore careers related to nutrition, food, and wellness