

**NUTRITION AND WELLNESS**

*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 is a nutrition class that 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. A project-based approach that utilizes higher order thinking, communication, leadership, management processes, and fundamentals to college and career success is recommended in order to integrate these topics into the study of nutrition, food, and wellness. Food preparation experiences are a required component. Direct, concrete mathematics and language arts proficiencies will be applied. This course is the first 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: 5342
- Recommended Grade Level: Grade 9, 10, 11, 12
- Recommended Prerequisites: None
- Credits: 1 credit per semester, maximum of 1 credit
- This course is one of the six FACS courses from which students may choose three to fulfill the required Health and Safety credit—See Rule 511 IAC 6-7-6 (6)
- 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) 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.

**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	
NW-1.1	Demonstrate components of critical thinking, creative thinking, and reasoning
NW-1.2	Evaluate effective communication processes in school, family, career, and community settings
NW-1.3	Demonstrate leadership that encourages participation and respect for the ideas, perspectives, and contributions of group members

	NW-1.4	Apply management, decision-making, and problem solving processes to accomplish tasks and fulfill responsibilities
	NW-1.5	Examine the interrelationships among thinking, communication, leadership, and management processes to address family, community, and workplace issues
	NW-1.6	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-1.7	Demonstrate etiquette skills for business and social situations
	NW-1.8	Apply knowledge gained through research to solve problems and communicate ideas in the fields of food, fitness, nutrition, and wellness
<b>Domain 2 – Nutrition Principles and Applications</b>		
<b>Core Standard 2</b> Apply nutrition principles to health and wellness choices across the life span.		
	<b>Standards</b>	
	NW-2.1	Analyze food and nutrition information, including USDA Dietary guidelines and MY Plate, to meet nutrition and wellness goals across the lifespan
	NW-2.2	Demonstrate proper portion sizes from each of the food groups to meet nutrition and wellness needs of individuals across the lifespan
	NW-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-2.4	Compare food label information to make health and wellness choices
	NW-2.5	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)
<b>Domain 3 – Influences on Nutrition and Wellness</b>		
<b>Core Standard 3</b> Analyze factors that influence nutrition and wellness practices.		
	<b>Standards</b>	
	NW-3.1	Assess physical, emotional, social, intellectual, cultural, and ethnic components of individual and family wellness
	NW-3.2	Explain how geographical location and climate location affects food selection and availability
	NW-3.3	Examine how economic factors affect food selection and availability
	NW-3.4	Identify legislation and regulations related to food, nutrition, and wellness issues
	NW-3.5	Evaluate the nutritive value and costs of snacks, fast foods, and balanced meals
<b>Domain 4 – Food Preparation, Safety, and Handling</b>		
<b>Core Standard 4</b> Demonstrate abilities to prepare and serve safe, nutritious foods.		
	<b>Standards</b>	
	NW-4.1	Define and explain food borne illness and demonstrate how to prevent them by applying the concepts of “clean, separate, cook, and chill”
	NW-4.2	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-4.3	Demonstrate abilities to prepare nutritious foods using a variety of basic methods and techniques

	NW-4.4	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-4.5	Demonstrate abilities to increase and decrease recipe measurements based on desired yield
<b>Domain 5 – Science, Technology, and Careers in Nutrition and Wellness</b>		
<b>Core Standard 5</b> Analyze impacts of science, technology, and careers on nutrition and wellness.		
	<b>Standards</b>	
	NW-5.1	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-5.2	Explore technological tools and advancements used to track nutrition and wellness goals and progress
	NW-5.3	Examine developments and trends in food marketing, and their impacts on family and consumer choices
	NW-5.4	Discuss trends, employment opportunities, and preparation requirements for careers related to nutrition, food, and wellness