

Nutrition and Wellness (NW)

Students will demonstrate nutrition and wellness practices that enhance individual and family wellbeing. **FCS.NW.1**

A Analyze factors that influence nutrition and wellness practices across the lifespan. **FCS.NW.1.A**

Beginning (b)

- 1 Identify the basic components of wellness. **FCS.NW.1.A.B.1**
- 2 Identify factors that impact food choices and nutritional practices. **FCS.NW.1.A.B.2**
- 3 Identify historical changes that have altered food choices and practices. **FCS.NW.1.A.B.3**
- 4 Identify components of wellness policies. **FCS.NW.1.A.B.4**

Intermediate (i)

- 1 Describe dimensions of wellness components. **FCS.NW.1.A.I.1**
- 2 Describe how food choices are influenced by availability, individual and family preferences, and the media. **FCS.NW.1.A.I.2**
- 3 Investigate the governmental, economic, and technological influences on food choices and nutrition practices. **FCS.NW.1.A.I.3**
- 4 Investigate locally grown food, gardens, local suppliers, and food systems. **FCS.NW.1.A.I.**

Advanced (a)

- 1 Explain physical, emotional, social, psychological, and spiritual components of individual and family wellness. **FCS.NW.1.A.A.1**
- 2 Analyze the effects of psychological, cultural, and social influences on food choices and other nutrition practices. **FCS.NW.1.A.A.2**
- 3 Analyze the effects of global, regional, and local events and conditions on food choices and practices. **FCS.NW.1.A.A.3**
- 4 Analyze legislation and regulations related to nutrition and wellness. **FCS.NW.1.A.A.4**

B Evaluate the nutritional needs of individuals and families in relation to health and wellness across the lifespan. FCS.NW.1.B

Beginning (b)

- 1 Recognize the concept that eating a variety of foods is important to health. FCS.NW.1.B.B.1
- 2 Recognize the relationship between diet and health concerns. FCS.NW.1.B.B.2
- 3 Identify a healthy eating habit. FCS.NW.1.B.B.3
- 4 Demonstrate how to use food labels to select a healthy food or snack. FCS.NW.1.B.B.4

Intermediate (i)

- 1 Identify key nutrients and list ways nutrients can promote health and prevent chronic disease. FCS.NW.1.B.I.1
- 2 Describe the relationship between food choices and health concerns. FCS.NW.1.B.I.2
- 3 Assess eating habits (meals and snacks), set a personal nutrition goal, and track progress toward achieving this goal. FCS.NW.1.B.I.3
- 4 Demonstrate how to use food labels and other sources of information to meet dietary recommendations. FCS.NW.1.B.I.4

Advanced (a)

- 1 Evaluate the effect of nutrients on health, wellness, and performance. FCS.NW.1.B.A.1
- 2 Analyze the relationship of nutrition and wellness to individual and family health throughout the lifespan. FCS.NW.1.B.A.2
- 3 Analyze the effects of food and diet fads, food addictions, and disordered eating on wellness. FCS.NW.1.B.A.3
- 4 Analyze sources of food and nutrition information, including food labels related to health and wellness. FCS.NW.1.B.A.4

C Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the lifespan. *FCS.NW.1.C*

Beginning (b)

- 1 Identify foods by group. *FCS.NW.1.C.B.1*
- 2 Explore health-related concerns that affect food choices. *FCS.NW.1.C.B.2*
- 3 Demonstrate handwashing techniques during food preparation. *FCS.NW.1.C.B.3*
- 4 Describe factors associated with food security. *FCS.NW.1.C.B.4*

Intermediate (i)

- 1 Identify nutrients important in dietary needs for different stages of the lifespan. *FCS.NW.1.C.I.1*
- 2 Apply nutritional knowledge to healthy meal planning. *FCS.NW.1.C.I.2*
- 3 Demonstrate food preparation skills. *FCS.NW.1.C.I.3*
- 4 Examine the relationship between food security, sustainability, food integrity, nutrition, and wellness. *FCS.NW.1.C.I.4*

Advanced (a)

- 1 Apply current dietary guidelines in planning to meet nutrition and wellness needs. *FCS.NW.1.C.A.1*
- 2 Design strategies that address the health and nutrition recommendations of individuals and families, including those with special needs. *FCS.NW.1.C.A.2*
- 3 Demonstrate the ability to select, safely store, prepare, and serve nutritious and aesthetically pleasing foods. *FCS.NW.1.C.A.3*
- 4 Evaluate policies and practices that impact food security, sustainability, food integrity, nutrition, and wellness of individuals and families. *FCS.NW.1.C.A.4*

D Evaluate factors that affect food safety from production through consumption. FCS.NW.1.D

Beginning (b)

- 1 Recognize that eating improperly prepared or spoiled food can cause illness. FCS.NW.1.D.B.1
- 2 Explain how contaminants may enter the food supply at various points in a food chain. FCS.NW.1.D.B.2
- 3 Identify ways to keep food fresh and safe to eat. FCS.NW.1.D.B.3
- 4 Explain the importance of preventing foodborne illnesses. FCS.NW.1.D.B.4
- 5 Identify sources of consumer information related to food safety and sanitation. FCS.NW.1.D.B.5

Intermediate (i)

- 1 Explain the relationship between food safety practices and health. FCS.NW.1.D.I.1
- 2 Identify agencies responsible for monitoring the food supply. FCS.NW.1.D.I.2
- 3 Discuss the inspection and labeling systems on food. FCS.NW.1.D.I.3
- 4 Identify the relationship between food safety practices and health. FCS.NW.1.D.I.4
- 5 Compare consumer messages about food safety and sanitation. FCS.NW.1.D.I.5

Advanced (a)

- 1 Analyze conditions and safety and sanitation practices that promote safe food handling. FCS.NW.1.D.A.1
- 2 Analyze how changes in national and international food production and distribution systems influence the food supply, including sustainability, organic food production, and the impact of genetically modified foods. FCS.NW.1.D.A.2
- 3 Investigate federal, state, and local inspection and labeling systems that protect the health of individuals and the public. FCS.NW.1.D.A.3
- 4 Analyze foodborne illness factors, including causes, potentially hazardous foods, and methods of prevention. FCS.NW.1.D.A.4
- 5 Analyze current consumer information about food safety and sanitation. FCS.NW.1.D.A.5

E Evaluate the influence of science and technology on food, nutrition, and wellness. *FCS.NW.1.E*

Beginning (b)

- 1 Identify newly developed foods. *FCS.NW.1.E.B.1*
- 2 Identify advances and changes throughout the history of food. *FCS.NW.1.E.B.2*
- 3 Identify the impact of food company advertising and media on individual food choices. *FCS.NW.1.E.B.3*

Intermediate (i)

- 1 Give examples of how the food supply has changed over time. *FCS.NW.1.E.I.1*
- 2 Examine the effects of scientific and technical advances in food processing and storage on nutrition and wellness. *FCS.NW.1.E.I.2*
- 3 Assess the effects of technological advances on selection, preparation, and home storage of food. *FCS.NW.1.E.I.3*

Advanced (a)

- 1 Analyze how scientific and technical advances influence the nutrient content, availability, and safety of foods. *FCS.NW.1.E.A.1*
- 2 Evaluate how the scientific and technical advances in product development, food processing, storage, and distribution influence nutrition and wellness. *FCS.NW.1.E.A.2*
- 3 Analyze the effects of food science and technology on meeting nutritional needs. *FCS.NW.1.E.A.3*