Nutrition and Food

Course Credit	0.5 (Standards 2, 3, 4, 5, 6, 7, 11, 13, and 15 are required) OR 1.0 (All standards are required)
Grade Levels	9-12
Prerequisites	Family and Consumer Sciences

Nutrition and Food focuses on the impact of food choices, nutrition, meal management, cuisine, and following current nutritional guidelines on overall health across the life cycle. This course must be taught in a fully-equipped, residential-style kitchen.

Career and Technical Student Organizations are integral, co-curricular components of each career and technical education course. These organizations enhance classroom instruction while helping students develop leadership abilities, expand workplace-readiness skills, and access opportunities for personal and professional growth. Students in the Human Services cluster affiliate with Family, Career, and Community Leaders of America (FCCLA).

Foundational standards, shown in the table below, are an important part of every course. Through these standards, students learn and apply safety concepts, explore career opportunities and requirements, practice the skills needed to succeed in the workplace, develop leadership qualities, and take advantage of the opportunities afforded by Career and Technical Student Organizations (CTSOs), and learn and practice essential digital literacy skills. The foundational standards are to be incorporated throughout the course.

Each foundational standard completes the stem *"**Students will**..."*

Foundational Standards	
	1. Incorporate safety procedures in handling, operating, and maintaining tools and machinery; handling materials; utilizing personal protective equipment; maintaining a safe work area; and handling hazardous materials and forces. 2. Demonstrate effective workplace and employability skills, including communication, awareness of diversity, positive work ethic, problem-solving, time management, and teamwork. 3. Explore the range of careers available in the field and investigate their educational requirements, and demonstrate job-seeking skills including resume-writing and interviewing. 4. Advocate and practice safe, legal, responsible, and ethical use of information and technology tools specific

	to the industry pathway. 5. Participate in a Career and Technical Student Organization (CTSO) to increase knowledge and skills and to enhance leadership and teamwork.

NUTRITION AND FOOD CONTENT STANDARDS

Please refer to "Directions for Interpreting Standards" on page 11

Each content standard completes the stem *"**Students will**..."*

Food	1. Analyze and explain factors that affect food supply chains, including geography, fuel supply, climate, economics, transportation systems, farming methods, and type of government. 2. Explain how food choices and food production are influenced by psychological, social, cultural, nutritional, economical, global, environmental, geographical, and technological factors. 3. Interpret legislation and regulations related to food production and consumption. 4. Describe the impact of technology on food production, choices, and nutrition.
Nutrition	5. Investigate and share information about recommendations for individuals' nutritional, lifestyle, health, and fitness needs as they change across the lifespan. 6. Create menus and recipes to meet nutritional needs of individuals across the lifespan, using current dietary guidelines. 7. Summarize current research on the impact of diet fads, food addictions, and eating disorders on fitness and wellness. 8. Research and report on the impact of daily food choices on health and wellness.

	9. Examine and explain how current food and lifestyle trends affect health, wellness, and food selection. 10. Interpret a food nutrition label, including key nutrients, portion sizes, allergens, and ingredients, and explain how this information is useful in planning a nutritious diet.
Meal Management and Service	11. Prepare nutritious meals that satisfy recommended daily intake guidelines, specifying cooking techniques that preserve the nutrients in the foods selected. 12. Compare the cost and nutritive value of preparing food at home rather than purchasing convenience foods and fast service foods. 13. Formulate a budget for planning, purchasing, and preparing nutritious foods for given scenarios. 14. Compare and contrast the nutritional quality of various prepared foods. *Example: Using current technology, calculate nutritional values for scratch prepared, processed, and restaurant prepared foods.* 15. Explain the impact of mealtime habits and etiquette and their correlation to health indicators. *Example: family mealtimes, fast food dining, table habits including portion sizing, utensil usage, length of meal, and chewing duration* 16. Demonstrate food preparation techniques required to retain nutritional content when preparing food for special occasions. 17. Demonstrate a variety of creative food presentation techniques to make nutritious foods visually appealing.
Cuisine	18. Compare and contrast the ways that nutritional needs are met in various cultures. *Example: American-Southern diet vs. Mediterranean diet* 19. Demonstrate food preparation techniques used in national and international cuisines.