

NUTRITION & FITNESS

MIS03 09137

This course is designed for all students concerned about nutrition and fitness and will explore such topics as sports nutrition in relation to performance, decision making and personal goal setting and stress management in relation to personal needs. Meal planning, fast foods, restaurant dining, family practices, genetically altered foods, weight loss and gain and current nutrition guidelines may be components of this course. Students will learn to read and interpret labels in relation to their dietary needs. Personal wellness and a healthy lifestyle will be the basis for lab experiences.

Credit ½ or 1 credit
Max credit = 1

Level Grades 9-12

Standard 1	<i>CAREER, COMMUNITY, and FAMILY CONNECTIONS</i> Integrate multiple life roles and responsibilities in family, work, and community settings.	
Topic 1.1	Analyze strategies to manage multiple roles and responsibilities (individual, family, career, community, and global).	
	Student Competencies	
	1.1.1	Summarize local and global policies, issues, and trends in the workplace, community, and family dynamics that affect individuals and families.
	1.1.2	Analyze the effects of social, economic, and technological changes on work and family dynamics.
	1.1.5	Determine goals for life-long learning and leisure opportunities for all family members.
Topic 1.2	Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community, and workplace settings.	
	Student Competencies	
	1.2.1	Analyze potential career choices to determine the knowledge, skills, attitudes, and opportunities associated with each career.
	1.2.3	Apply communication skills in school, community, and workplace settings and with diverse populations.

	1.2.4	Demonstrate teamwork skills in school, community, and workplace settings and with diverse populations.
	1.2.6	Demonstrate leadership skills and abilities in school, workplace, and community settings.
	1.2.8	Demonstrate employability skills, work ethics, and professionalism.
Topic 1.3	Evaluate the reciprocal effects of individual and family participation in community and civic activities.	
	Student Competencies	
	1.3.2	Demonstrate skills that individuals and families can utilize to support civic engagement in community activities.
	1.3.4	Analyze community resources and systems of formal and informal support available to individuals and families.
	1.3.6	Identify ways individuals and families can influence change in policies, agencies, and institutions that affect individuals and families.
Standard 2	<i>CONSUMER and FAMILY RESOURCES</i> Evaluate management practices related to the human, economic, and environmental resources in a global context.	
Topic 2.1	Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.	
	Student Competencies	
	2.1.3	Analyze decisions about providing safe and nutritious food for individuals and families.
	2.1.7	Apply consumer skills to decisions about recreation.
Standard 9	<i>FOOD SCIENCE, DIETETICS, and NUTRITION</i> Integrate knowledge, skills, and practices required for careers in food science, food technology, dietetics, and nutrition.	
Topic 9.1	Analyze career paths within food science, food technology, dietetics, and nutrition industries.	
	Student Competencies	
	9.1.1	Explain the roles and functions of individuals engaged in food science, food technology, dietetics, and nutrition careers.
	9.1.3	Summarize education and training requirements and opportunities for career paths in food science, food technology, dietetics, and nutrition.
	9.1.4	Analyze the correlation between food science, dietetics, and nutrition occupations and local, state, national, and global economies.
Topic 9.2	Apply risk management procedures to food safety, food testing, and sanitation.	
	Student Competencies	
	9.2.1	Analyze factors that contribute to food borne illness.
	9.2.5	Demonstrate practices and procedures that assure personal and workplace health and hygiene.

	9.2.6	Demonstrate standard procedures for receiving and storage of raw and prepared foods.
	9.2.7	Classify cleaning and sanitizing materials and their correct use.
Topic 9.3	Evaluate nutrition principles, food plans, preparation techniques, and specialized dietary plans.	
	Student Competencies	
	9.3.1	Analyze nutrient requirements across the life span addressing the diversity of people, culture, and religions.
	9.3.2	Analyze nutritional data.
	9.3.3	Apply principles of food production to maximize nutrient retention in menus.
	9.3.4	Assess the influence of cultural, socioeconomic, and psychological factors on food and nutrition and behavior.
	9.3.5	Analyze recipe/formula proportions and modifications for food production.
	9.3.6	Critique the selection of foods to promote a healthy lifestyle.
	9.3.7	Plan menus, applying the exchange system to meet various nutrient needs.
Topic 9.4	Apply basic concepts of nutrition and nutrition therapy in a variety of settings, considering social, geographical, cultural, and global influences.	
	Student Competencies	
	9.4.1	Analyze nutritional needs of individuals.
	9.4.2	Use nutritional information to support care planning.
	9.4.4	Construct a modified diet based on nutritional needs and health conditions.
	9.4.5	Design instruction on nutrition to promote wellness and disease prevention.
Topic 9.6	Demonstrate food science, dietetics, and nutrition management principles and practices.	
	Student Competencies	
	9.6.1	Build menus to customer/client preferences.
	9.6.4	Create standardized recipes.
	9.6.5	Manage food production to meet needs and preferences of diverse customer populations.
	9.6.6	Analyze new products utilizing most current guidelines and innovations in technology.
Standard 14	<i>NUTRITION and WELLNESS</i>	
	Demonstrate nutrition and wellness practices that enhance individual and family well-being.	
Topic 14.1	Analyze factors that influence nutrition and wellness practices across the life span.	
	Student Competencies	
	14.1.1	Explain physical, emotional, social, psychological, cultural, and spiritual components of individual and family wellness.
	14.1.2	Investigate the effects of psychological, cultural, and social influences on food choices and other nutritional practices.
	14.1.3	Investigate the governmental, economic, and technological influences on food choices and practices.
	14.1.4	Analyze the effects of global, regional, and local events and conditions on food choices and practices.
	14.1.5	Analyze legislation and regulations related to nutrition and wellness.

Topic 14.2	Examine the nutritional needs of individuals and families in relation to health and wellness across the life span.	
	Student Competencies	
	14.2.1	Evaluate the effect of nutrients on health, wellness, and performance.
	14.2.2	Analyze the relationships of nutrition and wellness to individual and family health throughout the life span.
	14.2.3	Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness.
	14.2.4	Analyze sources of food and nutrition information, including food labels, related to health and wellness.
Topic 14.3	Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.	
	Student Competencies	
	14.3.1	Apply current dietary guidelines in planning to meet nutrition and wellness needs.
	14.3.2	Design strategies that address the health and nutrition recommendations for individuals and families, including those with needs.
	14.3.3	Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing food and food product.
	14.3.4	Evaluate policies and practices that impact food security, sustainability, food integrity, and nutrition and wellness of individuals and families.
Topic 14.4	Evaluate factors that affect food safety from production through consumption.	
	Student Competencies	
	14.4.1	Analyze conditions and practices that promote safe food handling.
	14.4.2	Analyze safety and sanitation practices.
	14.4.3	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.
	14.4.4	Investigate federal, state, and local inspection and labeling systems that protect the health of individuals and the public.
	14.4.5	Analyze foodborne illness factors, including causes, potentially hazardous foods, and methods of prevention.
	14.4.6	Analyze current consumer information about food safety and sanitation.
Topic 14.5	Evaluate the influence of science and technology on food, nutrition, and wellness.	
	Student Competencies	
	14.5.1	Investigate how scientific and technical advances influence the nutrient content, availability, and safety of foods.
	14.5.2	Analyze how the scientific and technical advances in food processing, storage, product development, and distribution influence nutrition and wellness.
	14.5.3	Analyze the effects of technological advances on selection, preparation, and home storage of food.
	14.5.4	Analyze the effects of food science and technology on meeting nutritional needs.

Overview

The Committee felt that an Overview is unnecessary for Nutrition and Fitness, as it is a stand-alone course and does not reach into the more general classes taught in lower levels.