

Topic 1: Effective Work Habits

Unit 1: Teamwork, Time Management, and Problem Solving (12 strategies)

(NS 13) Demonstrate respectful and caring relationships in the family, workplace and community.

- **13.5** Demonstrate teamwork and leadership skills in the family, workplace, and community.
- **13.5.1** Create an environment that encourages and respects the ideas, perspectives, and contributions of all group members.
- **13.5.4** Demonstrate techniques that develop team and community spirit.
- **13.5.5** Demonstrate ways to organize and delegate responsibilities.
- **13.5.7** Demonstrate processes for cooperating, compromising, and collaborating.

(NS 2) Evaluate management practices related to the human, economic, and environmental resources in a global context.

- **2.1** Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.
- **2.1.1** Apply time management, organizational, and process skills to prioritize tasks and achieve goals.

Topic 2: General Nutrition Principles

Unit 1: Nutrition (35 strategies)

(NS 14) Demonstrate nutrition and wellness practices that enhance individual and family well-being.

- **14.2** Examine the nutritional needs of individuals and families in relation to health and wellness across the life span.
- **14.2.1** Evaluate the effect of nutrition on health, wellness and performance.

Unit 2: Effects of Nutrition (14 strategies)

- **(NS 14)** Demonstrate nutrition and wellness practices that enhance individual and family well-being.
- **14.2** Examine the nutritional needs of individuals and families in relation to health and wellness across the life span.
- **14.2.1** Evaluate the effect of nutrition on health, wellness and performance.

Unit 3: Dietary Guidelines (20 strategies)

(NS 14) Demonstrate nutrition and wellness practices that enhance individual and family well-being.

- **14.2** Examine the nutritional needs of individuals and families in relation to health and wellness across the life span.
- **14.2.1** Evaluate the effect of nutrition on health, wellness and performance.

Lifetime Nutrition and Wellness
Alignment with NASAFACS Standards (NS)

- **14.2.2** Analyze the relationship of nutrition and wellness to individual and family health throughout the life span.
- **14.3** Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.
- **14.3.1** Apply current dietary guidelines in planning to meet nutrition and wellness needs.

Topic 3: Food Safety and Sanitation

Unit 1: Food and Equipment (7 strategies)

(NS 14) Demonstrate nutrition and wellness practices that enhance individual and family well-being.

- **14.4** Evaluate factors that affect food safety from production through consumption.
- **14.4.1** Analyze conditions and practices that promote safe food handling.

Unit 2: Foodborne Illness (12 strategies)

(NS 14) Demonstrate nutrition and wellness practices that enhance individual and family well-being.

- **14.4** Evaluate factors that affect food safety from production through consumption.
- **14.4.1** Analyze conditions and practices that promote safe food handling.
- **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.

Unit 3: Hygiene (3 strategies)

(NS 14) Demonstrate nutrition and wellness practices that enhance individual and family well-being.

- **14.3** Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.
- **14.3.3** Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product.
- **14.4** Evaluate factors that affect food safety from production through consumption.
- **14.4.1** Analyze conditions and practices that promote safe food handling.

Topic 4: Food Management Principles

Unit 1: Recipes and Measurements *(8 strategies)*

(NS 14) Demonstrate nutrition and wellness practices that enhance individual and family well-being.

- **14.3** Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.
- **14.3.3** Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product.

Unit 2: Preparation Techniques *(12 strategies)*

(NS 14) Demonstrate nutrition and wellness practices that enhance individual and family well-being.

- **14.3** Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.
- **14.3.3** Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product.

(NS 2) Evaluate management practices related to the human, economic, and environmental resources in a global context.

- **2.1** Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.
- **2.1.3** Analyze decisions about providing safe and nutritious food for individuals and families.

Unit 3: Purchasing and Storage Strategies *(12 strategies)*

(NS 14) Demonstrate nutrition and wellness practices that enhance individual and family well-being.

- **14.2** Examine the nutritional needs of individuals and families in relation to health and wellness across the life span.
- **14.2.4** Analyze sources of food and nutrition information, including food labels, related to health and wellness.
- **14.3** Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.
- **14.3.3** Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product.

(NS 2) Evaluate management practices related to the human, economic, and environmental resources in a global context.

- **2.1** Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.
- **2.1.3** Analyze decisions about providing safe and nutritious food for individuals and families.

Lifetime Nutrition and Wellness
Alignment with NASAFACS Standards (NS)

Unit 4: Table Service, Food Presentation, and Etiquette (6 strategies)

(NS 14) Demonstrate nutrition and wellness practices that enhance individual and family well-being.

- **14.1** Analyze factors that influence nutrition and wellness practices across the life span.
- **14.1.2** Investigate the effects of psychological, cultural, and social influences on food choices and other nutrition practices.
- **14.3** Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.
- **14.3.3** Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product.

Topic 5: Digestion and Metabolism

Unit 1: Process of Digestion and Metabolism (15 strategies)

(NS 14) Demonstrate nutrition and wellness practices that enhance individual and family well-being.

- **14.1** Analyze factors that influence nutrition and wellness practices across the life span.
- **14.1.1** Explain physical, emotional, social, psychological, cultural, and spiritual components of individual and family wellness.

Topic 6: Lifetime Effects of Nutrition and Wellness

Unit 1: Effects of Food Choices (9 strategies)

(NS 14) Demonstrate nutrition and wellness practices that enhance individual and family well-being.

- **14.1** Analyze factors that influence nutrition and wellness practices across the life span.
- **14.1.1** Explain physical, emotional, social, psychological, cultural, and spiritual components of individual and family wellness.
- **14.2** Examine the nutritional needs of individuals and families in relation to health and wellness across the life span.
- **14.2.1** Evaluate the effect of nutrition on health, wellness and performance.
- **14.2.2** Analyze the relationship of nutrition and wellness to individual and family health throughout the life span.

Unit 2: Nutrition Related Health Risks (45 strategies)

(NS 14) Demonstrate nutrition and wellness practices that enhance individual and family well-being.

Lifetime Nutrition and Wellness
Alignment with NASAFACS Standards (NS)

- **14.1** Analyze factors that influence nutrition and wellness practices across the life span.
- **14.1.1** Explain physical, emotional, social, psychological, cultural, and spiritual components of individual and family wellness.
- **14.2** Examine the nutritional needs of individuals and families in relation to health and wellness across the life span.
- **14.2.1** Evaluate the effect of nutrition on health, wellness and performance.
- **14.2.2** Analyze the relationship of nutrition and wellness to individual and family health throughout the life span.

Unit 3: Nutritional Needs for Life Cycle and Lifestyle (*15 strategies*)

(NS 14) Demonstrate nutrition and wellness practices that enhance individual and family well-being.

- **14.1** Analyze factors that influence nutrition and wellness practices across the life span.
- **14.1.1** Explain physical, emotional, social, psychological, cultural, and spiritual components of individual and family wellness.
- **14.2** Examine the nutritional needs of individuals and families in relation to health and wellness across the life span.
- **14.2.1** Evaluate the effect of nutrition on health, wellness and performance.
- **14.2.2** Analyze the relationship 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.

Unit 4: Food Advertising (*6 strategies*)

(NS 14) Demonstrate nutrition and wellness practices that enhance individual and family well-being.

- **14.1** Analyze factors that influence nutrition and wellness practices across the life span.
- **14.1.2** Investigate the effects of psychological, cultural, and social influences on food choices and other nutrition practices.

Unit 5: Nutrition Content and Portion Sizes (*21 strategies*)

(NS 14) Demonstrate nutrition and wellness practices that enhance individual and family well-being.

- **14.1** Analyze factors that influence nutrition and wellness practices across the life span.
- **14.1.1** Explain physical, emotional, social, psychological, cultural, and spiritual components of individual and family wellness.
- **14.2** Examine the nutritional needs of individuals and families in relation to health and wellness across the life span.
- **14.2.1** Evaluate the effect of nutrition on health, wellness and performance.

Lifetime Nutrition and Wellness
Alignment with NASAFACS Standards (NS)

- **14.2.2** Analyze the relationship of nutrition and wellness to individual and family health throughout the life span.

Unit 6: Organic, Green, and Sustainable Food Choices (*11 strategies*)

(NS 14) Demonstrate nutrition and wellness practices that enhance individual and family well-being.

- **14.3** Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.
- **14.3.4** Evaluate policies and practices that impact food security, sustainability, food integrity, and nutrition and wellness of individuals and families.

Unit 7: Community Nutrition and Wellness Services and Agencies

(*6 strategies*)

(NS 14) Demonstrate nutrition and wellness practices that enhance individual and family well-being.

- **14.2** Examine the nutritional needs of individuals and families in relation to health and wellness across the life span.
- **14.2.4** Analyze sources of food and nutrition information, including food labels, related to health and wellness.

Topic 7: Careers in Nutrition

Unit 1: Training and Education, Goals, and Entrepreneurial Opportunities

(*10 strategies*)

(NS 8) Integrate knowledge, skills, and practices required for careers in food production and services.

- **8.1** Analyze career paths within the food production and food services industries.
- **8.1.2** Analyze opportunities for employment and entrepreneurial endeavors.
- **8.1.3** Summarize education and training requirements and opportunities for career paths in food production and services.