

Nutrition and Wellness: Grade 9, 10, 11, 12

Content Standards

1. Integrate processes of thinking, communication, leadership, and management in order to apply knowledge and skills for nutrition, food, and wellness.

- A Demonstrate components of critical thinking, creative thinking, and reasoning [NW.1.1](#)
- B Evaluate effective communication processes in school, family, career, and community settings [NW.1.2](#)
- C Demonstrate leadership that encourages participation and respect for the ideas, perspectives, and contributions of group members [NW.1.3](#)
- D Apply management, decision-making, and problem solving processes to accomplish tasks and fulfill responsibilities [NW.1.4](#)
- E Examine the interrelationships among thinking, communication, leadership, and management processes to address family, community, and workplace issues [NW.1.5](#)
- F 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.1.6](#)
- G Demonstrate etiquette skills for business and social situations [NW.1.7](#)
- H Apply knowledge gained through research to solve problems and communicate ideas in the fields of food, fitness, nutrition, and wellness [NW.1.8](#)

2. Apply nutrition principles to health and wellness choices across the life span.

- A** Analyze food and nutrition information, including USDA Dietary guidelines and MY Plate, to meet nutrition and wellness goals across the lifespan **NW.2.1**
- B** Demonstrate proper portion sizes from each of the food groups to meet nutrition and wellness needs of individuals across the lifespan **NW.2.2**
- C** 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.2.3**
- D** Compare food label information to make health and wellness choices **NW.2.4**
- E** 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) **NW.2.5**

3. Analyze factors that influence nutrition and wellness practices.

- A** Assess physical, emotional, social, intellectual, cultural, and ethnic components of individual and family wellness **NW.3.1**
- B** Explain how geographical location and climate location affects food selection and availability **NW.3.2**
- C** Examine how economic factors affect food selection and availability **NW.3.3**
- D** Identify legislation and regulations related to food, nutrition, and wellness issues **NW.3.4**
- E** Evaluate the nutritive value and costs of snacks, fast foods, and balanced meals **NW.3.5**

4. Demonstrate abilities to prepare and serve safe, nutritious foods.

- A** Define and explain food borne illness and demonstrate how to prevent them by applying the concepts of “clean, separate, cook, and chill” **NW.4.1**
- B** 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.4.2**
- C** Demonstrate abilities to prepare nutritious foods using a variety of basic methods and techniques **NW.4.3**
- D** 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.4.4**
- E** Demonstrate abilities to increase and decrease recipe measurements based on desired yield **NW.4.5**

5. Analyze impacts of science, technology, and careers on nutrition and wellness.

- A** 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.5.1](#)
- B** Explore technological tools and advancements used to track nutrition and wellness goals and progress [NW.5.2](#)
- C** Examine developments and trends in food marketing, and their impacts on family and consumer choices [NW.5.3](#)
- D** Discuss trends, employment opportunities, and preparation requirements for careers related to nutrition, food, and wellness [NW.5.4](#)