



EXAM INFORMATION

Items

65

Points

65

Prerequisites

NONE

Grade Level

9-12

Course Length

ONE SEMESTER

Career Cluster

HEALTH SCIENCE

Performance Standards

NOT INCLUDED

Certificate Available

NO

DESCRIPTION

Nutrition and Wellness is an introductory course valuable for all students as a life foundation and academic enrichment; it is especially relevant for students interested in careers related to nutrition, food, and wellness. This nutrition class introduces students to only the basics of food preparation so they can become self-sufficient in accessing healthy and nutritious foods. Major course topics include nutrition principles and applications; influences on nutrition and wellness; food preparation, safety, and sanitation; and science, technology, and careers in nutrition and wellness.

EXAM BLUEPRINT

STANDARD

PERCENTAGE OF EXAM

1- Life Span	40%
2- Nutrition & Wellness Factors	15%
3- Prepare & Serve	37%
4- Science, Technology, & Careers	8%
5- Success (Optional)	



STANDARD 1

STUDENTS WILL APPLY NUTRITION PRINCIPLES TO HEALTH AND WELLNESS CHOICES ACROSS THE LIFE SPAN

- Objective 1 Analyze food and nutrition information, including USDA Dietary guidelines and MyPlate to meet nutrition and wellness goals across the lifespan.
- Objective 2 Demonstrate proper portion sizes from each of the food groups to meet nutrition and wellness needs of individuals across the lifespan.
- Objective 3 Describe the six classes/groups of nutrients, explain their functions to meet health and nutrition requirements of individuals and families, and classify food sources.
- Objective 4 Compare food label information to make health and wellness choices.
- Objective 5 Analyze and assess wellness goals across the lifespan, particularly for teenagers (e.g., food fads and fallacies, extreme procedures for weight management, sports supplements, and nutritional supplements).

STANDARD 2

STUDENTS WILL ANALYZE FACTORS THAT INFLUENCE NUTRITION AND WELLNESS PRACTICES

- Objective 1 Assess physical, emotional, social, intellectual, cultural, and ethnic components of individual and family wellness.
- Objective 2 Explain how geographical location and climate location affects food selection and availability.
- Objective 3 Examine how economic factors affect food selection and availability.
- Objective 4 Identify legislation and regulations related to food, nutrition, and wellness issues.
- Objective 5 Evaluate the nutritive value and costs of snacks, fast foods, and balanced meals

STANDARD 3

STUDENTS WILL DEMONSTRATE ABILITIES TO PREPARE AND SERVE SAFE, NUTRITION FOODS

- Objective 1 Define and explain food borne illness and demonstrate how to prevent them by applying the concepts of “clean, separate, cook, and chill.”
- Objective 2 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.
- Objective 3 Demonstrate abilities to prepare nutritious foods using a variety of basic methods and techniques.
- Objective 4 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.
- Objective 5 Demonstrate abilities to increase and decrease recipe measurements based on desired yield.



STANDARD 4

STUDENTS WILL ANALYZE IMPACTS OF SCIENCE, TECHNOLOGY, AND CAREERS ON NUTRITION AND WELLNESS

- Objective 1 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).
- Objective 2 Explore technological tools and advancements used to track nutrition and wellness goals and progress.
- Objective 3 Examine developments and trends in food marketing, and their impacts on family and consumer choices.
- Objective 4 Discuss trends, employment opportunities, and preparation requirements for careers related to nutrition, food, and wellness.

STANDARD 5 (Optional)

STUDENTS WILL INTEGRATE PROCESSES OF THINKING, COMMUNICATION, LEADERSHIP, AND MANAGEMENT IN ORDER TO APPLY KNOWLEDGE AND SKILLS FOR NUTRITION, FOOD, AND WELLNESS

- Objective 1 Demonstrate components of critical thinking, creative thinking, and reasoning.
- Objective 2 Evaluate effective communication processes in school, family, career, and community settings.
- Objective 3 Demonstrate leadership that encourages participation and respect for the ideas, perspectives, and contributions of group members.
- Objective 4 Apply management, decision-making, and problem-solving processes to accomplish tasks and fulfill responsibilities.
- Objective 5 Examine the interrelationships among thinking, communication, leadership, and management processes to address family, community, and workplace issues.
- Objective 6 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).
- Objective 7 Demonstrate etiquette skills for business and social situations.
- Objective 8 Apply knowledge gained through research to solve problems and communicate ideas in the fields of food, fitness, nutrition, and wellness.