# Nutrition & Wellness

**Semesters: 1** **Grade(s):** 9-12

**Prerequisite(s):** none

Through this class, students gain an understanding that wellness is a personal responsibility, and that wellness is an important aspect of one's life. They explore a variety of foods and analyze the significant of food as presented in different cultures and in the marketplace, as well as in the media. Students learn about food and kitchen safety procedures, summarize and apply information about different groups of foods, and demonstrate the ability to plan meals and be a smart consumer when shopping for food. They analyze their own nutritional needs, considering personal health, fitness, lifestyle, and other considerations.

## Course Competencies

| Nutrition & Wellness | |
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| **Competency 1** | Understand that wellness is a personal responsibility, and value wellness as an important aspect of one's life. |
| **Sub-Topics** | 1. Understand that wellness is defined by, and in turn impacts, all aspects of a person's life, including physical, psychological, and social.<br>2. Analyze factors that influence one's food and nutrition choices and habits, including culture, lifestyle, and knowledge.<br>3. Understand that one's nutrition can impact one's health and energy levels.<br>4. Know that physical fitness can come from more than just sports activities; walking dogs, engaging in physical activities requiring lifting and stretching – such as landscaping or carpentry, and any activity requiring movement, stretching, and muscle strength can lead to greater physical fitness.<br>5. Analyze factors that influence a person's fitness levels and choices, and evaluate types of physical activities in search of two or more that would best fit one's lifestyle, personal preferences, and current physical fitness level (aerobics, yoga, karate, team sports, jogging, swimming, hiking, etc.).<br>6. Understand that regular physical activity is important for flexibility, endurance, strength, and overall health and wellness.<br>7. Create and implement a short- and long-term nutrition and wellness goals list and action plan; self-evaluate progress periodically and refine goals. The plan should match one's personal needs and lifestyle, and include both nutrition and physical fitness goals.<br>8. Analyze safety practices to prevent injury during fitness activities. |
| **Competency 2** | Explore a variety of foods and analyze the significant of food as presented in different cultures and in the marketplace. |
| **Sub-Topics** | 1. Analyze cultural impacts on food choices such as religion, holidays, and ethnic backgrounds.<br>2. Understand how the local environment or climate will impact the availability of food in a region.<br>3. Explore a variety of foods available through the marketplace, determining the best seasons for certain foods to experience the best flavor.<br>4. Understand the government's role in regulation of food safety.<br>5. Understand that a variety of food options can lead to greater nutrition and enjoyment of healthy foods. |
| **Competency 3** | Demonstrate food and kitchen safety procedures. |
| **Sub-Topics** | 1. Understand the types of, and causes of, food-borne illnesses.<br>2. Learn about types of contamination that can occur in a food supply.<br>3. Be aware of what foods are of greater risk of carrying disease and parasites.<br>4. Demonstrate knowledge of safe food storage, preparation, and handling techniques.<br>5. Learn how to prevent common kitchen accidents, and what to do in case of an accident. |

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| **Competency 4** | Summarize nutrition needs, defined through dietary guidelines and food groups, and analyze one's own nutritional needs, considering personal health, fitness, lifestyle, and other considerations. |
| **Sub-Topics** | 1. Understand that carbohydrates, fats, proteins, vitamins, minerals, and water are nutrients that work together to provide energy, and that they are all necessary for health and growth.<br>2. Understand and be able to use the concept of a food pyramid.<br>3. Read and analyze labels for nutritional information.<br>4. Understand that each unique person can have special dietary needs, and that a nutrition plan should be designed to meet those needs.<br>5. Analyze foods for whether or not they are nutrient-dense.<br>6. Know the limits on fats, especially saturated fat and trans fats and cholesterol.<br>7. Understand that one's diet must be paired with physical activities and other aspects of a person's lifestyle. |
| **Competency 5** | Analyze the media's role and influence in nutrition and wellness. |
| **Sub-Topics** | 1. Evaluate messages portrayed in the media regarding nutrition and fitness, through advertisements, representations of popular culture, television and movies, and informational promotions.<br>2. Understand that media images of celebrities can be altered or incomplete.<br>3. Analyze how advertisements present men and women of different age and ethnic groups.<br>4. Analyze how advertisements present tobacco and alcohol products, including the use of persuasive techniques.<br>5. Understand that dietary supplements, especially those presented as "quick fixes" in the media, should be considered with care and with a professional's guidance, and that many supplements carry unhealthy risks. |
| **Competency 6** | Understand how nutrition will vary from one individual to the next, and change throughout one's life due to the aging process, changes in lifestyle, and other factors, and that nutrition and fitness practices must be adjusted accordingly to maintain optimal wellness levels. |
| **Sub-Topics** | 1. Understand that there is no ideal weight for everyone; analyze ranges of ideal weights for one's age, gender, height, body type, and other factors, with the primary focus on health and wellness instead of fashion or media-influenced perceptions of perfection.<br>2. Compare fad diets and "quick fixes" to the value of developing a healthy lifestyle of ongoing health and wellness throughout the ages.<br>3. Analyze types of foods and nutrients, the values they hold, and how much one needs in order to maintain wellness; this includes a balance of complex carbohydrates, proteins, and other categories.<br>4. Understand that fluid intake is important to maintain hydration, and that caffeine can cause dehydration.<br>5. Analyze how dietary needs change throughout a person's lifetime, from infancy through old age.<br>6. Learn about vegetarian food choices and special considerations for maintaining wellness through a vegetarian diet.<br>7. Learn about special health concerns that can impact one's nutritional needs. |
| **Competency 7** | Demonstrate the ability to plan meals and be a smart consumer when shopping for food. |
| **Sub-Topics** | 1. Consider value and quality when selecting products.<br>2. Use critical-thinking skills to evaluate food and nutrition information.<br>3. Understand how advertisers use powerful techniques to influence buying decisions, and be alert for false, misleading, or exaggerated food or nutrition claims.<br>4. Plan meals that provide enough food-group choices to meet daily nutrient and energy needs.<br>5. Understand that appealing meals have a variety of colors, textures, temperatures, flavors, shapes, and sizes. |

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| | 6. Understand that meals and snacks should match one's needs, preferences, resources, and skills.<br>7. Summarize considerations to keep in mind when needing to eat out, including food safety, nutrition, and portion sizes. |
| **Competency 8** | Summarize and apply information about different groups of foods. |
| **Sub-Topics** | 1. Learn about grain products made from wheat, rice, oats, cornmeal, barley, and other grains.<br>2. Learn about the nutritional value of fruits and vegetables, and how to properly select, handle, prepare, and store them.<br>3. Learn that milk and milk products are good sources of many nutrients, including protein, calcium, and vitamin D; summarize different types of milk products; understand that some people have milk allergies and lactose intolerance, requiring that they limit or eliminate milk products from their diet.<br>4. Learn about the nutritional value of meat, poultry, and fish, and how to properly select, handle, prepare, and store them.<br>5. Know that other sources of protein are eggs, beans, and nuts; analyze their nutritional value and learn how to properly handle, prepare, and store them.<br>6. Analyze how oil and fats impact flavor and nutrition of food, and learn how to use them in cooking.<br>7. Consider the nutritional considerations of sauces, desserts, and condiments as part of a meal.<br>8. Know that snacks can be a healthy part of one's diet depending on their nutritional value, size, and frequency. |