



Nutrition and Wellness

Career Cluster	Human Services
Course Code	19253
Prerequisite(s)	None
Credit	0.5 credit
Program of Study and Sequence	Foundation course – Introduction to Human Services – Relationships Across the Lifespan – Nutrition and Wellness – additional pathway course – capstone experience
Student Organization	FCCLA, Skills USA
Coordinating Work-Based Learning	Work Based Learning: Workplace Tours, Service Learning
Industry Certifications	First Aid, CPR, National Career Readiness Certificate (NCRC)
Dual Credit or Dual Enrollment	https://sdmylife.com/images/Approved-CTE-Dual-Credit.pdf
Teacher Certification	Hospitality & Tourism Cluster Endorsement; Restaurant and Food Service Management Pathway Endorsement; Human Services Cluster Endorsement; FACS Endorsement; FACS Education
Resources	Academy of Dietetic and Nutrition, USDA, MyPlate (current government guidelines) National Wellness Institute, FCCLA Student Body Program, FCCLA Nutrition and Wellness STAR Event.

Course Description

Nutrition and Wellness educates students to make healthy lifestyle choices for personal, family, and career success across the lifespan. Topics include the impact of technology on nutrition, food choices, wellness and stress management, meal planning and preparation, dietary guidelines, and food safety and sanitation practices.

Program of Study Application

Nutrition and Wellness is a pathway course in the Human Services career cluster, Personal Care Services, Family and Community Services/Mental Health Services and Early Childhood Development and Services pathways. A student would participate in Introduction to Human Services prior to participation in this course. Nutrition and Wellness prepares a student to participate in additional pathway courses in the personal care services, family and community services/mental health services, or early childhood development and services pathways.

Course Standards

NW 1: Evaluate factors that influence nutrition.

<i>Webb Level</i>	<i>Sub-indicator</i>
Three Strategic Thinking	NW 1.1 Investigate the impact of technology and media on food and health practices.
Four Extended Thinking	NW 1.2 Analyze the effects of psychological, cultural, economic and social influences on food choices and other nutrition practices.
Two Skill/Concept	NW 1.3 Determine the effects of nutrition on health, appearance, and a healthy lifestyle.

NW 2: Evaluate the needs of individuals and families in relation to health, nutrition, and wellness across the lifespan.

<i>Webb Level</i>	<i>Sub-indicator</i>
Three Strategic Thinking	NW 2.1 Analyze and investigate the impact of wellness dimensions on a healthy lifestyle.
Four Extended Thinking	NW 2.2 Apply current dietary guidelines to meet nutrition and wellness needs.
One Recall	NW 2.3 Describe the effect of physical activity on health, appearance, and a healthy lifestyle.
Four Extended Thinking	NW 2.4 Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness.

NW 3: Evaluate factors that affect food safety.

<i>Webb Level</i>	<i>Sub-indicator</i>
Four Extended Thinking	NW 3.1 Apply practices to promote safe food handling.
One Recall	NW 3.2 Describe food borne illness that cause health issues.

NW 4: Demonstrate ability to acquire, handle, and utilize foods to meet nutrition and wellness needs of individuals and families across the life span.

<i>Webb Level</i>	<i>Sub-indicator</i>
Two Skill/Concept	NW 4.1 Plan and prepare a meal incorporating nutritional guidelines.
Two Skill/Concept	NW 4.2 Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.
Two Skill/Concept	NW 4.3 Use kitchen tools and equipment in a proper and safe manner.