

Family & Consumer Sciences Middle School Standards
22200
Nutrition and Wellness

Course Description: Nutrition and Wellness concentrates on nutrition, food choices, wellness, careers, food safety, and sanitation practices. Instructional focus is on dietary guidelines, nutrition, active lifestyles, menu planning, and food storage and preparation. The impact of technology on nutrition and wellness is addressed.

Suggested Grade Level: 6, 7, or 8

Topics Covered:

- Careers
- Individual and family wellness
- Food safety and sanitation practices
- Menu planning, food preparation

| Revised Bloom's Taxonomy | Standards and Examples |
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| Indicator #1: Explain careers in the food industry. | |
| Understand | <p>NW 1.1 Summarize a Career Cluster Pathway of interest for a career choice.</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Identify businesses hiring youth in related food industry careers. • List questions to ask a food industry employee about his/her career choice. |
| Understand | <p>NW 1.2 Classify knowledge and skills associated with the food industry.</p> <p>Examples:</p> <ul style="list-style-type: none"> • Summarize qualities of a good employee. • Identify knowledge and skills found in the work environment with the food industry. |

| Indicator #2: Explain the components of individual and family wellness. | |
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| Understand | <p>NW 2.1 Infer food choice decisions which affect wellness.</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Explain nutritional guidelines. • Survey classmates on the impact of vending, fast/convenience foods on their food choices. |
| Remember | <p>NW 2.2 Recognize activity level and habits affect individual and family wellness.</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Determine the amount and types of activities needed to expend calories consumed. • Describe how a lifestyle affects eating and wellness habits. • Plan, execute, and record a fitness plan based on a healthy weight and daily physical activity appropriate for age group. |
| Apply | <p>NW 2.3 Apply dietary guidelines in menu planning.</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Compare healthy and unhealthy options from various menus and justify how they are healthy or unhealthy options. • Create a nutritious menu for a meal and explain why the meal is nutritious. |
| Indicator #3: Apply food safety and sanitation practices. | |
| Understand | <p>NW 3.1 Explain common practices that promote sanitary food conditions.</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • List practices for maintaining a safe and sanitary environment where food is prepared and stored. • Create a public service announcement promoting safety and sanitation. |
| Apply | <p>NW 3.2 Execute safe procedures in the food laboratory.</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Develop an educational learning aid for safe and proper use of food laboratory equipment. • Demonstrate correct procedures for upkeep of food laboratory equipment. • Implement safe practices when preparing food items. |