

Nutrition and Wellness (2022)

Evaluate factors that influence nutrition. **NW 1**

- 1 Investigate the impact of technology and media on food and health practices. **NW 1.1****
- 2 Analyze the effects of psychological, cultural, economic and social influences on food choices and other nutrition practices. **NW 1.2****
- 3 Determine the effects of nutrition on health, appearance, and a healthy lifestyle. **NW 1.3****

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

- 1 Analyze and investigate the impact of wellness dimensions on a healthy lifestyle. **NW 2.1****
- 2 Apply current dietary guidelines to meet nutrition and wellness needs. **NW 2.2****
- 3 Describe the effect of physical activity on health, appearance, and a healthy lifestyle. **NW 2.3****
- 4 Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness. **NW 2.4****

Evaluate factors that affect food safety. **NW 3**

- 1 Apply practices to promote safe food handling. **NW 3.1****
- 2 Describe food borne illness that cause health issues. **NW 3.2****

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

- 1 Plan and prepare a meal incorporating nutritional guidelines. **NW 4.1****
- 2 Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods. **NW 4.2****
- 3 Use kitchen tools and equipment in a proper and safe manner. **NW 4.3****