

**Florida Department of Education
CURRICULUM FRAMEWORK**

Program Title: Nutrition And Wellness
Program Type: Practical Arts
Occupational Area: Family And Consumer Sciences
Components: N/A

	<u>Secondary</u>
Program Numbers	8500355
CIP Number	0920.0117PA
Grade Level	9-12 30,31
Length	.5 Credit
Certification	VOC HME EC @4 HOME EC 1 @2 GEN HME EC @4
Facility Code	231
CTSO	FCCLA
Coop Method	No
Apprenticeship	No

- I. **PURPOSE:** The purpose of this course is to prepare students to understand the relationship between nutrition and wellness. The program also provides for selection, preparation, service and storage of foods. It allows students to use technology to practice meal management techniques directed toward nutritional food choices based on the life cycle. This course will provide an awareness of consumer issues relating to health and wellness.
- II. **LABORATORY EXPERIENCES:** Classroom food laboratory activities are an integral part of this program. Safe use and care of small and large appliances, as well as, kitchen tools and equipment are practiced in a food laboratory.
- III. **SPECIAL NOTE:** Family, Career and Community Leaders of America (FCCLA), is the appropriate career and technical student organization (ctso) for providing leadership training and reinforcing specific career and technical skills. Career and Technical Student Organizations, when provided, shall be an integral part of the instructional program, and the activities of such organizations are defined as part of the curriculum in accordance with Rule 6A-6.065, FAC.

SCANS Competencies: Instructional strategies for this course must include methods that require students to identify, organize, and use resources appropriately; to work with each other cooperatively and productively; to acquire and use information; to understand social, organizational, and technological systems; and to work with a variety of equipment. Instructional strategies must also incorporate the methods to improve students' personal qualities and higher-order thinking skills.

Equipment List: A generic equipment list is available for this course and is printed in a supplement to this document.

IV. **INTENDED OUTCOMES:** After successfully completing this course the student will be able to perform the following:

- 01.0 Determine the relationship of nutrition to wellness.
- 02.0 Analyze the effects of consumer issues on food selection.
- 03.0 Predict the effects of food choices for people with special needs.
- 04.0 Specify the nutritional needs of the young adults.
- 05.0 Assess the effects of eating disorders on wellness.
- 06.0 Practice skills of acceptable etiquette in a variety of situations.
- 07.0 Apply the principles of meal planning and management.
- 08.0 Apply basic food preparation skills.
- 09.0 Practice appropriate food storage methods.
- 10.0 Integrate important scientific and technological principles to nutrition and wellness.
- 11.0 Demonstrate leadership and organizational skills.

Florida Department of Education
STUDENT PERFORMANCE STANDARDS

Program Title: Nutrition And Wellness
Secondary Number: 8500355
Postsecondary Number:

01.0 DETERMINE THE RELATIONSHIP OF NUTRITION TO WELLNESS--The student will be able to:

LA.A.2.2.7, LA.A.2.4.5, LA.E.2.2.1, MA.A.1.4.3, MA.E.1.4.1,
SC.F.1.4.1, SC.F.1.4.2, SC.F.1.4.3, SC.F.1.4.4, SC.F.1.4.5,
SC.F.1.4.6, SC.F.1.4.7, SC.F.1.4.8, HE.A.1.4.9, HE.C.1.4.5,
HE.C.1.4.6

- 01.01 Apply guidelines for using the Food Guide Pyramid to plan daily food choices.
- 01.02 Describe the functions and sources of nutrients.
- 01.03 Identify the effects of nutrient deficiencies and excesses.
- 01.04 Interpret the nutrition information found on food labels.
- 01.05 Determine the relationship between food choices, eating and wellness.

02.0 ANALYZE THE EFFECTS OF CONSUMER ISSUES ON FOOD SELECTION--The student will be able to:

LA.A.1.4.2, SC.D.2.4.1, MA.E.1.4.1, MA.E.1.4.2, MA.E.1.4.3,
HE.B.2.4.2, HE.B.2.4.3

- 02.01 Use comparative shopping techniques to determine the best value for the food dollar.
- 02.02 Evaluate advertisements, news reports and other information related to nutrition and wellness.
- 02.03 Discuss causes of food shortages and possible ways to control global food problems.

03.0 PREDICT THE EFFECTS OF FOOD CHOICES FOR PEOPLE WITH SPECIAL NEEDS--The student will be able to:

LA.A.1.4.2, LA.A.2.4.4, SC.F.1.4.2, MA.B.3.4.1, MA.E.1.4.1,
HE.A.1.4.9, HE.C.1.4.3, PE.A.3.4.4, PE.B.2.4.1

- 03.01 Establish guidelines for weight maintenance.
- 03.02 Explain how to encourage healthful eating habits for people in every stage of the life cycle.
- 03.03 Develop a plan by which persons with medical conditions or physical impairments can meet their nutritional needs.

04.0 SPECIFY THE NUTRITIONAL NEEDS OF THE YOUNG ADULTS--The student will be able to:

SC.F.1.4.2, MA.B.3.4.1, MA.E.1.4.1, MA.E.1.4.4, PE.3.4.6,
PE.A.3.4.7, PE.B.1.4.6

- 04.01 Distinguish between the differences and similarities of the nutritional needs of the athlete and the average person.
- 04.02 Describe methods to determine whether a person's weight is at a healthy level.

- 04.03 Design a nutrition and exercise program to meet individual needs.
- 05.0 ASSESS THE EFFECTS OF EATING DISORDERS ON WELLNESS--The student will be able to:
- LA.A.1.4.2, LA.A.2.4.4, SC.F.1.4.2, HE.C.1.4.5
- 05.01 Analyze the causes of weight problems and eating disorders.
05.02 Determine the effects of eating disorders on self, family and others.
- 06.0 PRACTICE SKILLS OF ACCEPTABLE ETIQUETTE IN A VARIETY OF SITUATIONS--The student will be able to:
- LA.A.1.4.2, LA.A.2.4.4
- 06.01 Plan appropriate table settings and service.
06.02 Demonstrate socially acceptable table manners and etiquette.
- 07.0 APPLY THE PRINCIPLES OF MEAL PLANNING AND MANAGEMENT--The student will be able to:
- LA.A.2.4.2, LA.A.2.4.4, LA.A.2.4.6, MA.A.3.4.1
- 07.01 Coordinate a work plan and schedule in preparing a meal.
07.02 Plan menus considering nutritional needs, schedules, budget, aesthetics and food preferences.
07.03 Identify roles and responsibilities of family members in planning, preparing and serving foods.
07.04 Identify meal-planning strategies for families with busy schedules.
- 08.0 APPLY BASIC FOOD PREPARATION SKILLS--The student will be able to:
- LA.A.2.4.2, LA.A.2.4.4, LA.A.2.4.6, SC.G.1.4.1, MA.B.1.4.3, MA.B.3.4.1, MA.B.4.4.1
- 08.01 Analyze recipes to determine the elements of a well-written, complete recipe.
08.02 Use recipes to prepare a variety of foods.
08.03 Demonstrate proper procedures for measuring various types of ingredients.
08.04 Practice safety and sanitation procedures in food preparation.
08.05 Demonstrate the use and care of large and small equipment.
08.06 Clean and maintain food preparation areas.
- 09.0 PRACTICE APPROPRIATE FOOD STORAGE METHODS--The student will be able to:
- LA.A.1.4.2, SC.G.1.4.2, SC.G.1.4.2
- 09.01 Explain how proper food-handling practices can prevent food-borne illnesses.
09.02 Discuss causes and signs of food-spoilage.
09.03 Evaluate kitchens at home and at school for proper storage of common household chemicals.

10.0 INTEGRATE IMPORTANT SCIENTIFIC AND TECHNOLOGICAL PRINCIPLES TO NUTRITION AND WELLNESS--The student will be able to:

LA.E.2.2.1, SC.H.3.4.3, SC.H.3.4.5

10.01 Discuss the impact of food-related technology in the food industry and in the home.

10.02 Practice ways to preserve foods while retaining quality and nutrients.

11.0 DEMONSTRATE LEADERSHIP AND ORGANIZATIONAL SKILLS--The student will be able to:

LA.C.1.4.1, LA.C.1.4.2, LA.C.1.4.3, LA.C.1.4.4, MA.A.4.4.1, MA.A.4.4.3, MA.A.4.4.4, MA.E.3.4.1, MA.E.3.4.2, HE.B.3.4.1, HE.B.3.4.2, HE.B.3.4.3, HE.B.3.4.4, HE.B.3.4.5, HE.B.3.4.6, HE.C.1.4.5, HE.C.1.4.6, HE.C.2.4.4, HE.C.2.4.5, HE.C.2.4.6

11.01 Identify professional and youth organizations.

11.02 Identify purposes and functions of professional and youth organizations.

11.03 Identify roles and responsibilities of members.

11.04 Work cooperatively as a group member to achieve organizational responsibilities.

11.05 Demonstrate confidence in leadership roles and organizational responsibilities.

11.06 Demonstrate commitment to achieve organizational goals.

11.07 Develop a personal growth project.