

National Standards for Family and Consumer Sciences Education

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Developed by National Association of State Administrators of Family and Consumer Sciences (NASAFACS)

Area of Study 14.0

Nutrition and Wellness

Comprehensive Standard

Demonstrate nutrition and wellness practices that enhance individual and family well-being.

Content Standards

14.1 Analyze factors that influence nutrition and wellness practices across the life span.

14.2 Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span

14.3 Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span. (Corrected 1-09-09)

14.4 Evaluate factors that affect food safety from production through consumption.

Competencies

*14.1.1 Explain physical, emotional, social, psychological, and spiritual components of individual and family wellness.

*14.1.2 Analyze the effects of psychological, cultural, and social influences on food choices and other nutrition practices.

*14.1.3 Analyze the governmental, economic, and technological influences on food choices and practices.

14.1.4 Analyze the effects of global and local events and conditions on food choices and practices

14.1.5 Analyze legislation and regulations related to nutrition and wellness.

*14.2.1 Analyze the effect of nutrients on health, appearance, and peak performance.

*14.2.2 Analyze the relationship of nutrition and wellness to individual and family health throughout the life span.

*14.2.3 Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness.

*14.2.4 Analyze sources of food and nutrition information, including food labels, related to health and wellness.

*14.3.1 Apply various dietary guidelines in planning to meet nutrition and wellness needs.

*14.3.2 Design strategies that meet the health and nutrition requirements of individuals and families with special needs.

*14.3.3 Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.

14.4.1 Analyze conditions and practices that promote safe food handling.

14.4.2 Analyze safety and sanitation practices throughout the food chain.

14.4.3 Analyze how changes in national and international food production and distribution systems influence the food supply.

14.4.4 Analyze federal, state, and local inspection and labeling systems that protect the health of individuals and the public.

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- 14.4.5 Analyze food borne illness factors, including causes, foods at risk, and methods of prevention commercially and by individuals and families.
 - 14.4.6 Analyze public dialogue about food safety and sanitation.
- 14.5 Evaluate the influence of science and technology on food composition, safety, and other issues.
- 14.5.1 Analyze how scientific and technical advances influence the nutrient content, availability, and safety of foods.
 - 14.5.2 Analyze how the scientific and technical advances in food processing, storage, product development, and distribution influence nutrition and wellness.
 - 14.5.3 Analyze the effects of technological advances on selection, preparation and home storage of food.
 - 14.5.4 Analyze the effects of food science and technology on meeting nutritional needs.