

## Nutrition, Food, and Wellness

### Assessment and Certification Competencies

<b>1</b>	<b>Wellness</b>	<b>Weighting: 18%</b>
1A.	Assess emotional, psychological, spiritual, cultural, and intellectual influences on individual/family food choices and nutrition and wellness across the lifespan.	
1B.	Analyze economic and environmental influences on food choices and nutritional practices.	
1C.	Analyze governmental influences to include legislation and regulation related to nutrition and wellness.	
1D.	Analyze the effects of food and diet fads on wellness.	
<b>2</b>	<b>Food Handling</b>	<b>Weighting: 18%</b>
2A.	Apply science-based dietary guidelines in planning to meet nutrition and wellness needs of individuals and families.	
2B.	Recognize health and nutrition requirements of individuals and families with special needs.	
2C.	Demonstrate ability to select, store, prepare, and serve nutritious, safe and appealing foods.	
2D.	Evaluate food and nutrition information, including food labels, in relation to the nutrition content of the food.	
<b>3</b>	<b>Food Safety</b>	<b>Weighting: 18%</b>
3A.	Assess conditions and practices that promote safe food handling and methods for preventing a food borne illness outbreak for commercial and home practice.	
3B.	Analyze safety and sanitation practices in retail, institutions and home (including the use of equipment).	
3C.	Analyze the causes and foods at risk for food borne illnesses.	
<b>4</b>	<b>Science and Technology</b>	<b>Weighting: 18%</b>
4A.	Analyze influence of scientific and technical advances on the nutrient content, availability, and safety of foods.	
4B.	Relate scientific and technical advances in food processing, storage, product development, and distribution for nutrition and wellness.	
4C.	Determine the effects of food science and technology on meeting nutritional needs.	
<b>5</b>	<b>Nutrition Principles</b>	<b>Weighting: 18%</b>
5A.	Evaluate the functions and the requirements of <i>vitamins</i> on nutrition and wellness across the life span, and their food sources.	
5B.	Evaluate the functions and the requirements of <i>minerals</i> on nutrition and wellness across the life span, and their food sources.	
5C.	Evaluate the functions and the requirements of <i>proteins</i> on nutrition and wellness across the life span, and their food sources.	
5D.	Evaluate the structures, the functions and the requirements of <i>fats</i> on nutrition and wellness across the life span, and their food sources.	
5E.	Evaluate the functions and the requirements of <i>carbohydrates</i> on nutrition and wellness across the life span, and their food sources.	
5F.	Evaluate the functions and the requirements of <i>water</i> on nutrition and wellness across the life span, and its food sources.	

6	Careers	Weighting: 10%
6A.	Analyze jobs and preparation requirements for careers in nutrition and food occupations.	
6B.	Analyze personal qualifications, interests, values, and educational preparation necessary for employment in a career in nutrition and food.	
6C.	Evaluate job market opportunities locally, regionally and nationally.	
6D.	Compare personal goals to career opportunities within food areas.	