

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