

# Nutrition and Food (2024)

## Foundational Standards

- 1 Incorporate safety procedures in handling, operating, and maintaining tools and machinery; handling materials; utilizing personal protective equipment; maintaining a safe work area; and handling hazardous materials and forces. [F.1](#)
- 2 Demonstrate effective workplace and employability skills, including communication, awareness of diversity, positive work ethic, problem-solving, time management, and teamwork. [F.2](#)
- 3 Explore the range of careers available in the field and investigate their educational requirements, and demonstrate job-seeking skills including resume-writing and interviewing. [F.3](#)
- 4 Advocate and practice safe, legal, responsible, and ethical use of information and technology tools specific to the industry pathway. [F.4](#)
- 5 Participate in a Career and Technical Student Organization (CTSO) to increase knowledge and skills and to enhance leadership and teamwork. [F.5](#)

## Food

- 1 Analyze and explain factors that affect food supply chains, including geography, fuel supply, climate, economics, transportation systems, farming methods, and type of government. [1](#)
- 2 Explain how food choices and food production are influenced by psychological, social, cultural, nutritional, economical, global, environmental, geographical, and technological factors. [2](#)
- 3 Interpret legislation and regulations related to food production and consumption. [3](#)
- 4 Describe the impact of technology on food production, choices, and nutrition. [4](#)

## Nutrition

- 5 Investigate and share information about recommendations for individuals' nutritional, lifestyle, health, and fitness needs as they change across the lifespan. [5](#)
- 6 Create menus and recipes to meet nutritional needs of individuals across the lifespan, using current dietary guidelines. [6](#)
- 7 Summarize current research on the impact of diet fads, food addictions, and eating disorders on fitness and wellness. [7](#)

---

**8 Research and report on the impact of daily food choices on health and wellness. 8**

---

**9 Examine and explain how current food and lifestyle trends affect health, wellness, and food selection. 9**

---

**10 Interpret a food nutrition label, including key nutrients, portion sizes, allergens, and ingredients, and explain how this information is useful in planning a nutritious diet. 10**

---

**Meal Management and Service**

**11 Prepare nutritious meals that satisfy recommended daily intake guidelines, specifying cooking techniques that preserve the nutrients in the foods selected. 11**

---

**12 Compare the cost and nutritive value of preparing food at home rather than purchasing convenience foods and fast service foods. 12**

---

**13 Formulate a budget for planning, purchasing, and preparing nutritious foods for given scenarios. 13**

---

**14 Compare and contrast the nutritional quality of various prepared foods. Example: Using current technology, calculate nutritional values for scratch prepared, processed, and restaurant prepared foods. 14**

---

**15 Explain the impact of mealtime habits and etiquette and their correlation to health indicators. Example: family mealtimes, fast food dining, table habits including portion sizing, utensil usage, length of meal, and chewing duration 15**

---

**16 Demonstrate food preparation techniques required to retain nutritional content when preparing food for special occasions. 16**

---

**17 Demonstrate a variety of creative food presentation techniques to make nutritious foods visually appealing. 17**

---

**Cuisine**

**18 Compare and contrast the ways that nutritional needs are met in various cultures. Example: American-Southern diet vs. Mediterranean diet 18**

---

**19 Demonstrate food preparation techniques used in national and international cuisines. 19**

---