Arkansas CTE

Nutrition and Wellness: Grades 9, 10, 11, 12

Adopted 2008

Nutrition, Wellness, and You

1.1 Define terms related to nutrition and wellness

1. Demonstrate knowledge of nutrition and wellness terms using correct context 1.1.1

**1.2 Identify the aspects of wellness<ol type="1">
emotional
physical
psychological
social
**

1. Analyze the importance of each aspect of wellness 1.2.1

1.3 Evaluate the effect of lifestyle choices on wellness

1. Identify lifestyle choices of teens 1.3.1
2. Compare and contrast the choices made by teens 1.3.2
3. Chart lifestyle choices that contribute to disease 1.3.3

1.4 Examine wellness as a choice

1. Demonstrate wellness as a personal choice 1.4.1

**1.5 List the steps of the decision-making process in order<ol type="1">
Identify the decision to be made
Identify available resources and possible options
Weigh pros and cons of each option
Select the best option
Act on the decision
Evaluate the results of the decision
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1. Apply the steps of the decision-making process to achieve a wellness goal 1.5.1
2. Develop an FCCLA Power of One project: A Better You Module 1.5.2

1.6 Compare the impact of cultural, emotional, psychological, and social influences on food choices

1. Describe how culture influences food choices 1.6.1
2. Examine the effect of emotions on food selections 1.6.2
3. Identify ways family, friends, and society influence nutritional habits 1.6.3

Examine the development of regional foods from available global and local food supplies

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1. Associate foods with correct regions 1.7.1
2. Classify factors contributing to foods becoming regional favorites 1.7.2

1.8 Identify ways global food choices are affected by supply, production, and distribution worldwide

1. Describe how changes in national and international food production and distribution systems affect the food supply 1.8.1

1.9 Research government agencies' guidelines for health claims concerning wellness issues

1. Differentiate the function of the Food and Drug Administration (FDA), US Department of Agriculture (USDA), and Environmental Protection Agency (EPA) 1.9.1
2. Separate the responsibilities of government agencies and consumers in protecting the food supply 1.9.2

1.10 Summarize the roles of food industry, technology and government in food choices

1. Examine legislation and regulations related to nutrition and wellness issues 1.10.1
2. Determine how availability and selection is influenced by technology 1.10.2

The Nutrition Health Connection

2.1 Define terms related to the nutrition health connection

1. Demonstrate knowledge of nutrition and wellness terms using correct context 2.1.1

**2.2 List the six nutrients:<ol type="1">
Carbohydrates
Proteins
Fats
Vitamins
Minerals
Water
**

1. Create a mnemonic device/graphic organizer for the nutrients 2.2.1

2.3 Describe the role of carbohydrates on health, appearance, and peak performance

1. Chart the relationship of sugars, starches, and fiber to dental health, hyperactivity, diabetes, hypoglycemia, lactose intolerance, sugar addition, and weight 2.3.1
2. Categorize food sources as simple or complex carbohydrates 2.3.2

2.4 Describe the role of protein in health, appearance, and peak performance

1. Identify essential and non essential amino acids 2.4.1
2. Categorize food sources as complete or incomplete protein 2.4.2
3. Analyze and calculate daily protein needs in calories and grams using a kitchen calculator 2.4.3
4. Examine vegetarianism as a dietary choice 2.4.4

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5. Describe the consequences of protein deficiencies/excesses 2.4.5
6. Demonstrate the use of a food dehydrator and food slicer to prepare high protein snacks 2.4.6

2.5 Describe the role of fats in health, appearance, and peak performance

1. Analyze the connection between fats and health issues: cholesterol, heart disease, hypertension, obesity, cancer, and diabetes 2.5.1
2. Categorize food sources as saturated, unsaturated, and trans fatty acids 2.5.2
3. Analyze and calculate daily fat needs in calories and grams using a kitchen calculator 2.5.3
4. Demonstrate the use of a rotisserie, grill, or wok to reduce the fat in foods 2.5.4

2.6 Describe the role of vitamins in health, appearance, and peak performance

1. Chart deficiencies/excesses of vitamins (conditions, symptoms, causes, etc.) 2.6.1
2. Assess the need for vitamin supplements 2.6.2
3. Research functions and sources of antioxidants and phytochemicals 2.6.3
4. Demonstrate the use of a juicer to prepare a vitamin-rich beverage 2.6.4

2.7 Describe the role of minerals in health, appearance, and peak performance

1. Chart the deficiencies/excesses of macrominerals and microminerals 2.7.1
2. Assess the need for mineral supplements 2.7.2
3. Demonstrate the use of a blender/smoothie machine to prepare a calcium rich beverage 2.7.3

2.8 Describe the role of water in health, appearance, and peak performance

1. Compile nutritional information from various brands of bottled water and compare to tap water 2.8.1
2. Determine water loss/replacement needs during physical activity 2.8.2
3. Explain the dangers of dehydration to the body 2.8.3

Nutrition: Take it Personally!

3.1 Define terms related to the personal aspects of nutrition

1. Demonstrate knowledge of nutrition and wellness terms using correct context 3.1.1

3.2 Describe the Dietary Guidelines for Americans and MyPyramid

1. Describe personal nutrition needs according to MyPyramid.gov 3.2.1
2. Create and analyze a meal plan according to the Dietary Guidelines for Americans and MyPyramid 3.2.2
3. Critique daily food intake for prevention of potential health problems 3.2.3

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4. Demonstrate use of crepe maker, grill, and/or quesadilla maker to prepare healthier foods 3.2.4

3.3 Identify reliable sources of food and nutrition information

1. Analyze information on food labels 3.3.1
2. Critique health claims related to nutrition and wellness 3.3.2

3.4 Examine the relationship of nutrition and wellness to individual and family health throughout the life cycle

1. Distinguish nutrient needs/concerns during pregnancy, lactation, infancy, toddlerhood, childhood, adolescence, adulthood, older adults, illness and special diets 3.4.1
2. Design a menu plan for special dietary needs 3.4.2

3.5 Identify possible food drug interactions

1. Research cases of food drug interactions 3.5.1

3.6 Assess the impact of food and diet fads, food addictions, and eating disorders on wellness

1. Differentiate between safe and unsafe weight loss practices 3.6.1
2. Illustrate characteristics/causes of eating disorders with risks to teens and athletes 3.6.2

3.7 Describe food preparation techniques to conserve essential nutrients

1. Demonstrate food preparation techniques to conserve essential nutrients 3.7.1

3.8 Determine how science and technology impact nutrient content of foods

1. Research the effects of irradiation, food additives, genetic engineering, and other recent technological advances on nutrition 3.8.1
2. Assess how science and technology impact nutrition and wellness through the processing and product development of foods 3.8.2

3.9 Identify careers related to nutrition

1. Research careers related to nutrition 3.9.1

Your Active Lifestyle

4.1 Define terms related to physical fitness

1. Demonstrate knowledge of nutrition and wellness terms using correct context 4.1.1

**4.2 Explain the six components of physical fitness<ol type="1">
Body composition
Cardio-respiratory endurance
Coordination and balance
Flexibility
Muscular endurance
Muscular strength
**

1. Design a visual of the six components of physical fitness 4.2.1

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4.3 Describe how physical activity promotes fitness

1. Participate in a variety of fitness tests 4.3.1

4.4 Identify different types of physical activity as aerobic or anaerobic

1. Differentiate the benefits of aerobic and anaerobic activities for the body 4.4.1
2. Calculate individual target heart rate 4.4.2

4.5 Describe excuses people give for being sedentary

1. Propose solutions to obstacles which prevent active living 4.5.1

4.6 Describe factors to consider when choosing physical activities

1. Analyze appropriate physical activities for individuals 4.6.1

4.7 Summarize ways to fit physical activity into daily life

1. Compile a list of individual activities, exercise classes, or team sports 4.7.1
2. Develop and implement a personal plan for physical activity using the F.I.T. formula (Frequency, Intensity, and Time) 4.7.2
3. Use a pedometer to compute/calculate average steps walked daily 4.7.3

4.8 Identify ways to keep physical activity safe and healthy

1. Investigate ways to prevent injuries and check progress 4.8.1

4.9 Describe how physical activity affects nutrient needs

1. Plan menus that help fuel the body before competition using MyPyramid.gov 4.9.1

4.10 Discuss food and beverage strategies for peak performance

1. Predict effects of different beverages and foods on energy levels and body performance 4.10.1

4.11 Distinguish between sports nutrition facts and myths

1. Chart effects of anabolic steroids and other supplements on current and future health 4.11.1

4.12 Explain why suggested body weight varies for individuals

1. Determine suggested body weight for individuals 4.12.1
2. Compare and contrast methods of measuring body composition including: BMI, bioelectrical impedance, skin fold test, and hydrostatic weighing 4.12.2
3. Utilize the body fat analyzer to determine body composition 4.12.3

4.13 Describe healthy ways to achieve and maintain appropriate body weight

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1. Analyze healthy weight loss and weight gain strategies 4.13.1

4.14 Identify careers related to exercise and fitness

1. Research careers related to exercise and fitness `4.14.1`