Indiana CTE

Advanced Nutrition and Wellness (2014)

Domain 1 – Personal, Academic, and Career Success

Core Standard 1 Integrate processes of thinking, communication, leadership, and management in order to apply knowledge and skills for nutrition, food, and wellness.

1. 1 Demonstrate components of critical thinking, creative thinking, and reasoning ANW-1.1
2. 2 Evaluate effective communication processes in school, family, career, and community settings ANW-1.2
3. 3 Demonstrate leadership that encourages participation and respect for the ideas, perspectives, and contributions of group members ANW-1.3
4. 4 Apply management, decision-making, and problem solving processes to accomplish tasks and fulfill responsibilities ANW-1.4
5. 5 Examine the interrelationships among thinking, communication, leadership, and management processes to address family, community, and workplace issues ANW-1.5
6. 6 Demonstrate fundamentals to career success (e.g. strong work ethic, time management, positive attitude, adaptability/flexibility, stress resilience, accountability, self-discipline, resourcefulness, cooperation, self-assessment) ANW-1.6

Domain 2 – Nutrition Principles Core0

Standard 2 Synthesize physiological functions, requirements, and food sources for each of the major nutrients (protein, carbohydrates, fats, vitamins, minerals, and water).

1. 1 Research the physiological functions of the major nutrients for the body (protein, carbohydrates, fats, vitamins, minerals, and water) ANW-2.1
2. 2 Recommend food sources following dietary guidelines for each of the major nutrients ANW-2.2
3. 3 Analyze variations in daily dietary requirements of each nutrient in order to meet nutrition needs across the life span and for special dietary needs ANW-2.3
4. 4 Predict the physiological consequences of an excessive or an insufficient amount of each nutrient in the diet ANW-2.4

5 Develop and create meals and snacks offering a variety of foods which supply each major nutrient ANW-2.5

Skip to main content

Domain 3 – Nutrition Applications Across the Lifespan Core	**Standard 3 Analyze different ways that nutrition affects the body across the lifespan.** 1. 1 Evaluate standards for maintaining healthy nutrition across the life span (e.g., Choose YourPlate.gov, dietary guidelines, portion/serving sizes, nutrition labels) ANW-3.1 2. 2 Differentiate among various nutrition guidelines for different age groups and dietary needs (e.g., children, elderly, pregnant women, athletes, diabetics; individuals who are lactose-intolerant, require a gluten free diet, and/or have food allergies) ANW-3.2 3. 3 Develop and create healthy meals and snacks address individual and family resources, activities, and preferences (e.g., time constraints, financial and equipment limitations, extent of physical activity, dietary preferences such as vegetarian) ANW-3.3 4. 4 Analyze beverage choices for calorie count, nutritive value, and adequacy of hydration Advanced Nutrition and Wellness, 8-1-14, Page 2 of 4 ANW-3.4 5. 5 Develop individual nutrition and physical activity goals, reevaluating those goals and modifying them across the lifespan as needed ANW-3.5 6. 6 Predict outcomes to nutrition challenges related to eating disorders, fad diets, and other factors relating to nutrition ANW-3.6
Domain 4 – Influences on Nutrition and Wellness	**Core Standard 4 Explore ways that families, culture, communities, and governments influence nutrition and health of individuals.** 1. 1 Examine cultural and ethical influences on individual food choices, dietary patterns, and practices ANW-4.1 2. 2 Determine economic and governmental influences on food choices/availability and nutritional practices through legislation and regulations ANW-4.2 3. 3 Discover various international cuisines and their influence on eating patterns ANW-4.3 4. 4 Demonstrate appropriate etiquette for business and social situations ANW-4.4 5. 5 Research government and community programs that support nutritional needs of individuals and families (e.g., Family Nutrition Program [FNP]; food co-ops; food pantries; Supplemental Nutrition and Purchasing [SNAP]; Women, Infants, and Children program [WIC]) ANW-4.5
Domain 5 – Food Preparation, safety and handling	**Core Standard 5 Implement principles of food acquisition, handling, and preparation.** 1. 1 Select, adapt, and prepare recipes to increase healthy aspects and accommodate specific dietary needs (e.g., energy needs, diabetes, lactose intolerance, celiac disease, food allergies) ANW-5.1 2. 2 Demonstrate proper food preparation skills, selection, and storage of food ANW-5.2

Skip to main content

3. 3 Select and apply safety and sanitation practices that promote personal safety, food safety, and prevention of food borne illnesses ANW-5.3

Domain 6 – Science and Technology in Foods and Nutrition

Core Standard 6 Explore impacts of science and technology on nutrition and foods.

1. 1 Determine impacts of technology, Internet, and social media as related to food choices, nutrient content, availability, and safety of food supply ANW-6.1
2. 2 Apply information about current nutrition and food trends and issues, such as “farm to table,” food availability, organic food, and holistic eating practices ANW-6.2
3. 3 Utilize available technological tools that support healthy nutrition practices (e.g., online programs and applications to calculate calories, dietary exchanges, and physical activity; www.ChooseMyPlate.gov; and others) ANW-6.3
4. 4 Examine and propose marketing practices that promote food production, choice/availability, and purchasing ANW-6.4

Domain 7 – Career Exploration in Nutrition, Food, and Wellness

Core Standard 7 Investigate career pathways, education, and training in areas related to nutrition, food, and wellness.

1. 1 Examine potential career paths, trends, and job market opportunities related to nutrition, food, and wellness ANW-7.1
2. 2 Determine roles and functions; knowledge, skills, and attitudes; and rewards and demands associated with various careers and levels of employment related to nutrition, food, and wellness ANW-7.2
3. 3 Analyze personal qualifications, interests, values, and educational preparation required for careers and employment in nutrition, food, and wellness-related industries ANW-7.3
4. 4 Identify volunteer roles, part-time jobs, and entry-level positions that offer opportunities to explore careers related to nutrition, food, and wellness ANW-7.4