Indiana CTE

Nutrition (2023)

Nutrition 7171

a Domain: Nutrition 7171.D1

1. List the six food groups in the current USDA food guide, MyPlate, and the recommended daily servings from each. List the major nutrients contributed by each of the food groups. 7171.D1.1
2. Discuss the current Dietary Guidelines for Americans and adapt recipes accordingly. 7171.D1.2
3. Evaluate diets in terms of the Recommended Dietary Allowances. 7171.D1.3
4. Describe the characteristics, functions, and best sources of the major nutrients. 7171.D1.4
5. List the primary functions and best sources of each of the major vitamins and minerals. 7171.D1.5
6. Describe the process of human digestion. 7171.D1.6
7. Discuss energy balance in terms of calories consumed and daily energy expenditure. 7171.D1.7
8. Discuss healthy cooking techniques and menu planning. 7171.D1.8
9. Identify common food allergies and determine appropriate substitutions. 7171.D1.9
10. Discuss contemporary nutritional issues such as vegetarianism, heart healthy menus and religious food preferences. 7171.D1.10
11. Understand careers related to nutrition and the health industry. 7171.D1.11