Indiana CTE

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

Content Standards

1. **Integrate processes of thinking, communication, leadership, and management in order to apply knowledge and skills for nutrition, food, and wellness.**
   - A Demonstrate components of critical thinking, creative thinking, and reasoning NW.1.1
   - B Evaluate effective communication processes in school, family, career, and community settings NW.1.2
   - C Demonstrate leadership that encourages participation and respect for the ideas, perspectives, and contributions of group members NW.1.3
   - D Apply management, decision-making, and problem solving processes to accomplish tasks and fulfill responsibilities NW.1.4
   - E Examine the interrelationships among thinking, communication, leadership, and management processes to address family, community, and workplace issues NW.1.5
   - F Demonstrate fundamentals to career success (e.g. strong work ethic, goal setting, time-management, positive attitude, adaptability/flexibility, stress resilience, accountability, self-discipline, resourcefulness, cooperation, self-assessment) NW.1.6
   - G Demonstrate etiquette skills for business and social situations NW.1.7
   - H Apply knowledge gained through research to solve problems and communicate ideas in the fields of food, fitness, nutrition, and wellness NW.1.8

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2. **Apply nutrition principles to health and wellness choices across the life span.**
   - A Analyze food and nutrition information, including USDA Dietary guidelines and MY Plate, to meet nutrition and wellness goals across the lifespan NW.2.1
   - B Demonstrate proper portion sizes from each of the food groups to meet nutrition and wellness needs of individuals across the lifespan NW.2.2
   - C Describe the six classes/groups of nutrients, explain their functions to meet health and nutrition requirements of individuals and families, and classify food sources NW.2.3
   - D Compare food label information to make health and wellness choices NW.2.4
   - E Analyze and assess wellness goals across the lifespan, particularly for teenagers (e.g., food fads and fallacies, extreme procedures for weight management, sports supplements, nutritional supplements) NW.2.5

3. **Analyze factors that influence nutrition and wellness practices.**
   - A Assess physical, emotional, social, intellectual, cultural, and ethnic components of individual and family wellness NW.3.1
   - B Explain how geographical location and climate location affects food selection and availability NW.3.2
   - C Examine how economic factors affect food selection and availability NW.3.3
   - D Identify legislation and regulations related to food, nutrition, and wellness issues NW.3.4
   - E Evaluate the nutritive value and costs of snacks, fast foods, and balanced meals NW.3.5

4. **Demonstrate abilities to prepare and serve safe, nutritious foods.**
   - A Define and explain food borne illness and demonstrate how to prevent them by applying the concepts of “clean, separate, cook, and chill” NW.4.1
   - B Demonstrate basic abilities to safely use and maintain equipment within a kitchen setting, including large and small appliances, small kitchen tools, measuring tools, and knives NW.4.2
   - C Demonstrate abilities to prepare nutritious foods using a variety of basic methods and techniques NW.4.3
   - D Apply basic principles of resource management when planning, preparing, and serving nutritious food, including food costs and availability, work plans and timetables, efficient work methods, and collaboration with others NW.4.4
   - E Demonstrate abilities to increase and decrease recipe measurements based on desired yield NW.4.5

5. **Analyze impacts of science, technology, and careers on nutrition and wellness.**
   - A Discuss current technology and techniques used to develop, produce, process, and store foods and their impacts on food safety, nutrition, and wellness (e.g., organic, holistic, genetics, hormones) NW.5.1

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B Explore technological tools and advancements used to track nutrition and wellness goals and progress NW.5.2

C Examine developments and trends in food marketing, and their impacts on family and consumer choices NW.5.3

D Discuss trends, employment opportunities, and preparation requirements for careers related to nutrition, food, and wellness NW.5.4