Kansas CTE

# Nutrition and Wellness A (2010): Grades 9, 10, 11, 12

Adopted 2010

## Essential Knowledge and Skills

**0.1 Apply reading and writing, math, and science skills in personal, professional, entrepreneurial and community situations.**

1. Use information to locate, comprehend, make inferences, and draw conclusions. 0.1.1
2. Adjust original rational number estimate of a real-world problem based on additional information (a frame of reference). 0.1.2
3. Generate and/or solve multi-step real-world problems with real numbers and mathematical concepts. 0.1.3
4. Research, apply, and evaluate information to accomplish tasks. 0.1.4
5. Apply fundamental knowledge of economics to enhance learner achievement. 0.1.5

**0.2 Demonstrate appropriate communication skills that contribute to positive relationships.**

1. Use appropriate communication strategies for the most effective outcome. 0.2.1
2. Demonstrate the use of verbal, listening, and writing skills to communicate clearly. 0.2.2

**0.3 Apply thinking and problem-solving processes to address personal, professional and community issues.**

1. Identify common tasks that require employers to use problem-solving skills. 0.3.1
2. Use problem-solving and critical thinking skills to improve a situation or process. 0.3.2
3. Create ideas, proposals, and solutions to a problem. 0.3.3

**0.4 Use technology to access, manage, integrate, and create information.**

1. Use information technology tools to manage and perform work (school) responsibilities. 0.4.1
2. Identify and use a variety of web-based tools for real world, global applications involving communication to collect and disseminate information. 0.4.2

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3. Use technology to locate, analyze, manipulate, and interpret information in a knowledge economy. 0.4.3

**0.5 Evaluate potential hazardous situations to defuse them and determine intervention strategies.**

1. Manage the physical and social environment to reduce conflict and promote safety in settings (i.e. family, work, community, cyberspace). 0.5.1

**0.6 Demonstrate leadership, citizenship, and teamwork skills required for success in the family, workplace, and community.**

1. Demonstrate quality work and effective communication by acknowledging diversity and cultural differences. 0.6.1
2. Determine the most appropriate response to workplace (school) situations based on legal and ethical considerations. 0.6.2

**0.7 Analyze strategies to manage the multiple individual, family, career, and/or community roles and responsibilities.**

1. Organize a career portfolio (electronic or physical) to document knowledge, skills, and experience in a career field. 0.7.1
2. Recognize that individual career path has an impact on the national and global community. 0.7.2

**Technical Skills**

**14.0 Demonstrate nutrition and wellness practices that enhance individual and family well-being.**

14.1 Analyze factors that influence nutrition and wellness practices across the life span.

1. Evaluate the relationship among physical, emotional, social and intellectual components of individual and family wellness. 14.1.1
2. Analyze the effects of cultural, and social influences on food choices and other nutrition and wellness practices. 14.1.2
3. Examine the effects of global and local events and conditions on food choices and practices. 14.1.3
4. Identify legislation and regulations related to nutrition and wellness. 14.1.4
5. Examine how physical activity relates to wellness. 14.1.5

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14.2 Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span.

1. Defend the impact of nutrients on health, appearance, and peak performance. 14.2.1
2. Analyze the relationship of nutrition and wellness to individual and family health throughout the life span. 14.2.2
3. Evaluate the effects of diet fads, food addictions, and eating disorders on wellness. 14.2.3
4. Recommend reliable sources of food and nutrition information, including foods labels that relate to health and wellness. 14.2.4

14.3 Evaluate various dietary guidelines in planning to meet nutrition and wellness needs.

1. Apply various dietary guidelines in planning to meet nutrition and wellness needs. 14.3.1
2. Design strategies that meet the health and nutrition requirements of individuals and families with special needs. 14.3.2
3. Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods. 14.3.3
4. Identify health and environmental benefits of eating a sustainable diet. 14.3.4

14.4 Evaluate the influence of science and technology on food composition, safety, and related issues.

1. Describe how scientific and technical advances influence the nutrient content, availability, and safety of foods. 14.4.1
2. Assess how the scientific and technical advances in food processing, storage, product development, and distribution influence nutrition and wellness. 14.4.2
4. Analyze the environmental impact of using science and technology in food development, storage and distribution. 14.4.4