Kansas CTE

Nutrition and Wellness B (2011): Grades 9, 10, 11, 12

Adopted 2011

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 global and local events and conditions have on food availability, choices and consumer practices. 14.1.3
4. Identify legislation and regulations related to nutrition and wellness (i.e. food inspections, labeling laws and workings of USDA and FDA). 14.1.4
5. Summarize information about procuring and maintaining health care to meet the needs of individuals and families. 14.1.5
6. Examine how physical activity relates to wellness. 14.1.6

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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 good nutrition on health, appearance, and peak performance. 14.2.1
2. Analyze the relationship of nutrition and wellness (i.e. nutrient needs) 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. Analyze nutrient data and recommend reliable sources of food and nutrition information 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. Identify strategies that meet the health and nutrition requirements of individuals and families (i.e. age related, special needs). 14.3.2
3. Analyze the relationship between knowing how to cook to prevention of, or improvement of health conditions (e.g. obesity, high blood pressure). 14.3.3
4. Demonstrate cooking methods that increase nutritional value, lower sodium, calories and/or fat content. 14.3.4
5. Apply menu planning principles to develop and modify menus to address a range of health related conditions (e.g. early child, senior years, lower blood pressure, loose body fat). 14.3.5
6. Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods while using safe food handling techniques. 14.3.6
7. Identify health and environmental benefits of eating a sustainable diet. 14.3.7

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(i.e. analyze new products) 14.4.2
3. Analyze the environmental impact of using science and technology in food development, storage and distribution. 14.4.3
4. Review public dialogue related to food safety, food technologies and related topics for accuracy of information. 14.4.4

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14.5 Analyze career paths within the food science, food technologies, dietetics and nutrition industries.

1. Explain roles and responsibilities of individuals engaged in food science, food technology, dietetics and nutrition careers. 14.5.1
2. Analyze opportunities for employment and entrepreneurial endeavors. 14.5.2
3. Summarize education and training requirements and opportunities for career paths in nutrition and wellness (i.e. nutrition educator, dietitian, food scientist, food developer, professional food taster, family and consumer sciences educator). 14.5.3
4. Analyze the role of professional organizations in food science, food technology, dietetics and nutrition careers. 14.5.4
5. Identify strategies that enable nutrition and wellness professionals to become advocates. 14.5.5