Kansas CTE

Nutrition and Wellness - Kansas Human Services Cluster - Course: #08057

CIP Codes: FCCS: 19.0799; Health: 51.9999Restaurant12.0504; Travel: 52.0901

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COMPREHENSIVE STANDARD: 7.0 Demonstrate nutrition, health and wellness practices that enhance individual and family well-being/ FCS9.0 & FCS14.0

A **Benchmark: 7.1 Analyze factors that influence wellness across the life span** 7.1

1. Identify the interrelationship of the three sides of the wellness triangle. 7.1.1
2. Analyze the relationship of the physical, emotional, social and intellectual components of individual and family wellness. 7.1.2
3. Compare and contrast nutritional and wellness challenges across the lifespan for individuals and families. 7.1.3
4. Examine the impact of family culture, socio economic and local to global conditions on wellness practices (e.g. local sourcing, food availability, imported foods, etc). 7.1.4
5. Analyze the effects of social and cultural views on body image. 7.1.5
6. Identify risky behaviors that affect health and wellness. 7.1.6
7. Analyze data related to health and wellness to determine reliable and unreliable sources of nutrition, health and wellness information. 7.1.7
8. Identify legislation, regulations and public policies related to personal wellness (i.e. health care, food inspection, labeling laws, bringing eating at home, and requirements for insurance). 7.1.8
9. Summarize information about procuring and maintaining health care across the lifespan. 7.1.9
10. Analyze options for creating sustainable wellness practices (i.e. water conservation, walking outside vs a treadmill). 7.1.10

B **Benchmark: 7.2 Demonstrate good nutrition, sound food preparation and selection to enhance healthy behaviors** 7.2

1. Analyze the impact of nutrients on health, appearance and peak performance. 7.2.1

Skip to main content

2 Identify the effects of diet fads, food addictions, and eating disorders on wellness. 7.2.2

3 Compare and contrast food deficiencies and toxicities on mental and physical health (e.g. dementia, potassium/water deficiency). 7.2.3

4 Analyze impact of food decisions on social wellness (e.g. aging, family table). 7.2.4

5 Apply dietary guidelines in meal planning/food decisions to meet nutritional needs across the life plan (e.g. special diets, age specific considerations, seasonal foods). 7.2.5

6 Analyze the relationship between knowing how to cook for prevention of diseases, and/or improvement of health conditions (i.e. obesity prevention, high blood pressure). 7.2.6

7 Demonstrate various cooking methods that increase nutritional value (i.e. broiling/steaming/baking vs frying, fresh vs frozen, food preservation to enhance healthier foods vs purchase pre-made foods with additives to increase shelf life). 7.2.7

8 Practice food innovation, food preparation and sanitation skills to modify foods for improvement of health value (i.e. lower sodium, lower fat content, lower kcals, increase nutritional value of foods and/or other scenarios). 7.2.8

C Benchmark: 7.3 Examine physical activity and how it relates to health and wellness. 7.3

1 Identify the positive benefits of physical activity across the lifespan. 7.3.1

2 Explain the relationship between nutrition, physical activity and wellness. 7.3.2

3 Implement and monitor a personal health plan, including nutrition and diet, wellness and fitness components. 7.3.3

D Benchmark: 7.4 Examine the components of social and mental wellness. 7.4

1 Analyze mental health factors that influence social health. 7.4.1

2 Compare and contrast impact of stress on social interaction, physical health and mental wellness. 7.4.2

3 Identify agencies and resources to address issues and assist those with health conditions (i.e. mental health, social health, physical health, and emotional health). 7.4.3

4 Identify the warning signs of individuals at risk of mental health conditions. 7.4.4

5 Determine the components of positive relationships in both social and family settings. 7.4.5

6 Analyze influences on health decisions, including technology and the media (i.e. online medical websites, advertising, social media). 7.4.6

7 Identify coping strategies to manage life issues. 7.4.7

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Benchmark: 7.5 Enhance career readiness through practicing appropriate skills in nutrition and wellness career applications. 7.5

1. Demonstrate collaborative skills to address health and wellness concerns. 7.5.1
2. Practice effective communication skills when sharing information about healthy living practices 7.5.2
3. Enhance development of process skills across all contexts (i.e. critical thinking, creativity, goal setting, problem solving, decision making, leadership, management, cooperation). 7.5.3
4. Determine how science and technological advances are influencing the availability, safety and nutritional value of foods. 7.5.4
5. Apply thinking and practical problem solving strategies to promote prevention of health and wellness issues. 7.5.5
6. Create and share nutrition, health and/or wellness information using multiple modes of technology to advocate for good nutrition, health and/or wellness decisions. 7.5.6
7. Summarize education, training, certifications and responsibilities of individuals engaged in nutrition, prevention health and wellness related careers (e.g. advocates, prevention education, intervention resource conduit). 7.5.7
8. Analyze benefits of professional organizations to the nutrition, prevention health and wellness professional. 7.5.8