

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
- 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

E 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