Nebraska CTE

Nutrition (2024)

Analyze career paths within the food, nutrition, and wellness field. HSE.HS.18.1	**a** Summarize education, training, and credentialing requirements and career opportunities in the food, nutrition, and wellness field. HSE.HS.18.1.A
	b Differentiate between personal attitudes and traits of food, nutrition, and wellness professionals in regards to responsibility, accountability, ethics, and effectiveness in the workplace. HSE.HS.18.1.B
Identify and Explain the parts and functions of the digestive system. HSE.HS.18.2	**a** Identify the anatomy of the gastrointestinal system. HSE.HS.18.2.A
	b Explain the digestive process. HSE.HS.18.2.B
	c Explain the utilization and short, medium, and long-term storage of nutrients inside the body. HSE.HS.18.2.C
	d Explain how the body excretes waste products. HSE.HS.18.2.D
Analyze individual characteristics specific to macronutrients, micronutrients, and water. HSE.HS.18.3	**a** Identify the chemical composition and energy yield of carbohydrates, proteins, and fats. HSE.HS.18.3.A
	b Differentiate between soluble and insoluble fiber and complete and incomplete proteins. HSE.HS.18.3.B
	c Identify the functions of vitamins, minerals, and water. HSE.HS.18.3.C
	d Identify the categories of vitamins (including fat and water soluble) and minerals (including major and trace). HSE.HS.18.3.D
	e Identify the recommended intake levels of and food sources high in vitamins, minerals, and water. HSE.HS.18.3.E
	f Explain deficiencies and toxicities related to vitamin and mineral consumption. HSE.HS.18.3.F
Analyze current dietary recommendations and guidelines for planning a healthy diet. HSE.HS.18.4	**a** Explain the Dietary Reference Intake terms Estimated Average Requirement (EAR), Recommended Daily Allowance (RDA), Adequate Intake (AI), and Tolerable Upper Intake Level (UL). HSE.HS.18.4.A
	b Describe the concepts of variety, moderation, and balance as the foundation of a healthy diet. HSE.HS.18.4.B

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	c Compare and contrast various food recording tools. HSE.HS.18.4.C
	d Utilize nutrition information to calculate nutrient composition of foods, meals, and daily intake. HSE.HS.18.4.D
	e Discuss short- and long-term impact of current dietary intake habits. HSE.HS.18.4.E
	f Compare and contrast the nutrient density of whole foods, convenience foods, and prepared foods to make informed food choices. HSE.HS.18.4.F
Analyze the effects of dietary patterns and practices on an individual's health and well-being across the lifespan. HSE.HS.18.5	**a** Identify a variety of healthy dietary patterns. HSE.HS.18.5.A
	b Compare and contrast popular fad diets and food industry trends. HSE.HS.18.5.B
	c Describe energy balance, physical activity, and weight control to prevent obesity and achieve nutritional adequacy. HSE.HS.18.5.C
	d Explain weight gain/weight loss concepts considering basal metabolic rate (BMR) and total daily energy expenditure (TDEE). HSE.HS.18.5.D
	e Identify the prevention, symptoms, and treatment of eating disorders. HSE.HS.18.5.E
	f Compare and contrast food allergies and food intolerances. HSE.HS.18.5.F
	g Apply dietary recommendations and guidelines to design meal plans for individuals with special dietary needs (e.g., heart disease, diabetes, celiac disease). HSE.HS.18.5.G
Analyze U.S. and global food systems and impacts on individual, family, and community health. HSE.HS.18.6	**a** Explain the biological, social, psychological, economic, political, and/or cultural influences on individual and community nutrition practices. HSE.HS.18.6.A
	b Summarize the effects of social determinants on personal food choices, food systems, and public health. HSE.HS.18.6.B
	c Explain the impact of cultural influences on food consumption and traditions within family units. HSE.HS.18.6.C
	d Analyze the impact of the rising cost of food, poverty, food deserts, food insecurity, and the growing world population on individuals, families, communities, and society. HSE.HS.18.6.D
	e Compare and contrast food and nutrition policies and their impact on individuals, families, communities, and society. HSE.HS.18.6.E
	f Discuss different approaches and solutions including the critical science perspective to address food system change through advocacy, policy, and/or political action. HSE.HS.18.6.F