South Dakota CTE

Nutrition and Wellness (2022)

Evaluate factors that influence nutrition. NW 1	1 **Investigate the impact of technology and media on food and health practices.** NW 1.1
	2 **Analyze the effects of psychological, cultural, economic and social influences on food choices and other nutrition practices.** NW 1.2
	3 **Determine the effects of nutrition on health, appearance, and a healthy lifestyle.** NW 1.3
Evaluate the needs of individuals and families in relation to health, nutrition, and wellness across the lifespan. NW 2	1 **Analyze and investigate the impact of wellness dimensions on a healthy lifestyle.** NW 2.1
	2 **Apply current dietary guidelines to meet nutrition and wellness needs.** NW 2.2
	3 **Describe the effect of physical activity on health, appearance, and a healthy lifestyle.** NW 2.3
	4 **Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness.** NW 2.4
Evaluate factors that affect food safety. NW 3	1 **Apply practices to promote safe food handling.** NW 3.1
	2 **Describe food borne illness that cause health issues.** NW 3.2
Demonstrate ability to acquire, handle, and utilize foods to meet nutrition and wellness needs of individuals and families across the life span. NW 4	1 **Plan and prepare a meal incorporating nutritional guidelines.** NW 4.1
	2 **Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.** NW 4.2
	3 **Use kitchen tools and equipment in a proper and safe manner.** NW 4.3