Texas CTE

Lifetime Nutrition and Wellness (2015)

General requirements. This course is recommended for students in Grades 9-12. Recommended prerequisite: Principles of Human Services, Principles of Hospitality and Tourism, or Principles of Health Science. Students shall be awarded one-half credit for successful completion of this course. A

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Introduction. B

1 **Career and technical education instruction provides content aligned with challenging academic standards and relevant technical knowledge and skills for students to further their education and succeed in current or emerging professions.** B.1

2 **The Human Services Career Cluster focuses on preparing individuals for employment in career pathways that relate to families and human needs such as counseling and mental health services, family and community services, personal care services, and consumer services.** B.2

3 **Lifetime Nutrition and Wellness is a laboratory course that allows students to use principles of lifetime wellness and nutrition to help them make informed choices that promote wellness as well as pursue careers related to hospitality and tourism, education and training, human services, and health sciences.** B.3

4 **Students are encouraged to participate in extended learning experiences such as career and technical student organizations and other leadership or extracurricular organizations.** B.4

5 **Statements that contain the word "including" reference content that must be mastered, while those containing the phrase "such as" are intended as possible illustrative examples.** B.5

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Knowledge and skills. C

1 The student demonstrates professional standards/employability skills as required by business and industry. The student is expected to: C.1

- A apply interpersonal communication skills in business and industry settings; C.1.A
- B explain and recognize the value of collaboration within the workplace; C.1.B
- C examine the importance of time management to succeed in the workforce; C.1.C
- D identify work ethics and professionalism in a job setting; and C.1.D
- E develop problem-solving and critical-thinking skills. C.1.E

2 The student understands the role of nutrients in the body. The student is expected to: C.2

- A classify nutrients and their functions and food sources and compare the nutritive value of various foods; C.2.A
- B assess the effects of nutritional intake on health, appearance, effective job performance, and personal life; C.2.B
- C analyze and apply various dietary guidelines throughout the life cycle, including pregnancy, infancy, childhood, and late adulthood; and C.2.C
- D compare personal food intake to recommended dietary guidelines. C.2.D

3 The student understands the principles of digestion and metabolism. The student is expected to: C.3

- A describe the processes of digestion and metabolism; C.3.A
- B calculate and explain basal and activity metabolisms and factors that affect each; C.3.B
- C apply knowledge of digestion and metabolism when making decisions related to food intake and physical fitness; C.3.C
- D locate community resources that promote physical activity and fitness; and C.3.D
- E explain the relationship of activity levels and caloric intake to health and wellness, including weight management. C.3.E

4 The student demonstrates knowledge of nutritionally balanced diets. The student is expected to: C.4

- A research the long-term effects of food choices; C.4.A
- B outline strategies for prevention, treatment, and management of diet-related diseases such as diabetes, hypertension, childhood obesity, anorexia, and bulimia; C.4.B
- C determine the effects of food allergies and intolerances on individual and family health; C.4.C
- D plan diets based on life cycle, activity level, nutritional needs, portion control, and food budget; C.4.D
- E develop examples of therapeutic diets; C.4.E

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F analyze advertising claims and fad diets with the recommendations of the Recommended Dietary Allowances; C.4.F

G analyze current lifestyle habits that may increase health risks; C.4.G

H identify community programs that provide nutrition and wellness services; C.4.H

I examine the nutritional value of fast foods and convenience foods; C.4.I

J read and interpret food labels; C.4.J

K examine and explain nutritional serving sizes; C.4.K

L compare organic and green food choices; and C.4.L

M determine sustainable food choices and their impact on society. C.4.M

5 The student understands safety and sanitation. The student is expected to: C.5

A demonstrate safe and sanitary practices in the use, care, and storage of food and equipment; C.5.A

B explain types and prevention of food-borne illnesses; and C.5.B

C practice appropriate dress and personal hygiene in food preparation. C.5.C

6 The student demonstrates knowledge of food-management principles. The student is expected to: C.6

A read and comprehend standard recipes; C.6.A

B correctly use standard measuring techniques and equipment; C.6.B

C demonstrate correct food-preparation techniques, including nutrient retention; C.6.C

D use food-buying strategies such as calculating food costs, planning food budgets, and creating grocery lists; C.6.D

E demonstrate food-preparation techniques to reduce overall fat and calories; C.6.E

F practice etiquette, food presentation, and table service appropriate for specific situations; and C.6.F

G apply food-storage principles. C.6.G

7 The student demonstrates effective work habits. The student is expected to: C.7

A participate as an effective team member by demonstrating cooperation and responsibility; C.7.A

B apply effective practices for managing time and energy to complete tasks on time; C.7.B

C practice problem solving using leadership and teamwork skills; and C.7.C

D use presentation skills to communicate and apply knowledge about careers in consumer services. C.7.D

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'he student investigates careers in nutrition. The student is expected to: C.8

compare and contrast education or training needed for careers in nutrition; C.8.A

B establish personal short- and long-term career goals; C.8.B

C analyze entrepreneurial opportunities in nutrition; and C.8.C

D apply a problem-solving approach to a business challenge or opportunity to improve sustainability efforts while maintaining or increasing profits and/or organizational health. C.8.D