Virginia CTE

Nutrition and Wellness (8229)

Balancing Work and Family NW.1	1 **Analyze the meaning of work and the meaning of family.** NW.1.1
	2 **Compare how families affect work life and how work life affects families.** NW.1.2
	3 **Identify management strategies for balancing work and family roles.** NW.1.3
Understanding Wellness NW.2	1 **Explain the relationship between nutrition and wellness.** NW.2.1
	2 **Explore factors that influence wellness and lifestyle practices across the lifespan.** NW.2.2
	3 **Explain the relationship between physical fitness and wellness.** NW.2.3
	4 **Identify community resources and services for nutrition and wellness.** NW.2.4
	5 **Analyze the components of a plan to improve physical fitness.** NW.2.5
	6 **Identify eating patterns and their effects on wellness.** NW.2.6
	7 **Identify the effects of food fads and diet fads on wellness.** NW.2.7
	8 **Examine the impact of eating disorders on wellness.** NW.2.8
	9 **Explain the relationship between stress and wellness.** NW.2.9
	10 **Describe strategies to manage stress.** NW.2.10
	11 **Analyze factors that affect emotional well-being.** NW.2.11
	12 **Investigate community and national topics related to nutrition and wellness.** NW.2.12
	13 **Analyze economic, environmental, and social determinants that influence food choices and other nutritional practices.** NW.2.13
	14 **Describe the effects of government policies and regulations on nutrition and wellness.** NW.2.14
	15 **Develop a plan to promote and sustain personal wellness.** NW.2.15

Skip to main content

Investigating Principles of Nutrition NW.3	1	**Identify the functions of macro- and micronutrients and the body's requirements for each.** NW.3.1
	2	**Evaluate sources of nutrition information.** NW.3.2
	3	**Compare human nutritional needs at the different stages of life.** NW.3.3
	4	**Identify methods for determining a healthy body weight.** NW.3.4
	5	**Explain the principles of energy balance.** NW.3.5
	6	**Explore basic concepts of nutrition for meeting special dietary needs.** NW.3.6
Planning Menus and Preparing Food NW.4	1	**Apply science-based dietary guidelines when planning menus.** NW.4.1
	2	**Perform nutritional analyses of recipes and menus.** NW.4.2
	3	**Apply basic concepts of nutrition in meal planning to meet special dietary needs.** NW.4.3
	4	**Use the nutrition facts label to evaluate the nutritional quality of foods.** NW.4.4
	5	**Develop a food budget and comparison-shopping strategies.** NW.4.5
	6	**Identify the components of a standardized recipe.** NW.4.6
	7	**Modify recipes to meet dietary needs.** NW.4.7
	8	**Apply time-management principles when planning, preparing, and serving food.** NW.4.8
	9	**(Optional) Design kitchen work space to facilitate efficient food preparation.** NW.4.9
	10	**Select and use food-preparation utensils and equipment.** NW.4.10
Using Science and Technology in Food Management NW.5	1	**Analyze the impact of advances in technology and science on the food industry.** NW.5.1
	2	**Apply basic food-science principles to food preparation.** NW.5.2
	3	**Identify strategies for conserving environmental resources with regard to food purchase, storage, and disposal.** NW.5.3
Ensuring Food Safety NW.6	1	**Explain the conditions that promote the growth of food-borne pathogens.** NW.6.1
	2	**Identify types of food-borne illnesses (i.e., pathogenic and parasitic nfections).** NW.6.2

Skip to main content

	3 **Demonstrate safe preparation and handling practices for food.** NW.6.3
	4 **Outline steps for cleaning and sanitizing food-preparation utensils and equipment.** NW.6.4
Exploring Careers in the Field of Nutrition and Wellness NW.7	1 **Explore career pathways in the field of nutrition and wellness.** NW.7.1
	2 **Evaluate personal assets for potential careers.** NW.7.2
	3 **Match personal assets to specific careers in the field of nutrition and wellness.** NW.7.3