

# 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

## 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 infections). NW.6.2

---

**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

**2 Evaluate personal assets for potential careers.** NW.7.2

---

**1 Explore career pathways in the field of nutrition and wellness.** NW.7.1

---

**3 Match personal assets to specific careers in the field of nutrition and wellness.** NW.7.3

---