

Nutrition and Wellness (NW)

Students will demonstrate nutrition and wellness practices that enhance individual and family wellbeing. [FCS.NW.1](#)

A Analyze factors that influence nutrition and wellness practices across the lifespan. [FCS.NW.1.A](#)

Beginning (b)

- 1 Identify the basic components of wellness. [FCS.NW.1.A.B.1](#)
- 2 Identify factors that impact food choices and nutritional practices. [FCS.NW.1.A.B.2](#)
- 3 Identify historical changes that have altered food choices and practices. [FCS.NW.1.A.B.3](#)
- 4 Identify components of wellness policies. [FCS.NW.1.A.B.4](#)

Intermediate (i)

- 1 Describe dimensions of wellness components. [FCS.NW.1.A.I.1](#)
- 2 Describe how food choices are influenced by availability, individual and family preferences, and the media. [FCS.NW.1.A.I.2](#)
- 3 Investigate the governmental, economic, and technological influences on food choices and nutrition practices. [FCS.NW.1.A.I.3](#)
- 4 Investigate locally grown food, gardens, local suppliers, and food systems. [FCS.NW.1.A.I.](#)

Advanced (a)

- 1 Explain physical, emotional, social, psychological, and spiritual components of individual and family wellness. [FCS.NW.1.A.A.1](#)
- 2 Analyze the effects of psychological, cultural, and social influences on food choices and other nutrition practices. [FCS.NW.1.A.A.2](#)
- 3 Analyze the effects of global, regional, and local events and conditions on food choices and practices. [FCS.NW.1.A.A.3](#)
- 4 Analyze legislation and regulations related to nutrition and wellness. [FCS.NW.1.A.A.4](#)

B Evaluate the nutritional needs of individuals and families in relation to health and wellness across the lifespan. [FCS.NW.1.B](#)

Beginning (b)

- 1 Recognize the concept that eating a variety of foods is important to health. **FCS.NW.1.B.B.1**
- 2 Recognize the relationship between diet and health concerns. **FCS.NW.1.B.B.2**
- 3 Identify a healthy eating habit. **FCS.NW.1.B.B.3**
- 4 Demonstrate how to use food labels to select a healthy food or snack. **FCS.NW.1.B.B.4**

Intermediate (i)

- 1 Identify key nutrients and list ways nutrients can promote health and prevent chronic disease. **FCS.NW.1.B.I.1**
- 2 Describe the relationship between food choices and health concerns. **FCS.NW.1.B.I.2**
- 3 Assess eating habits (meals and snacks), set a personal nutrition goal, and track progress toward achieving this goal. **FCS.NW.1.B.I.3**
- 4 Demonstrate how to use food labels and other sources of information to meet dietary recommendations. **FCS.NW.1.B.I.4**

Advanced (a)

- 1 Evaluate the effect of nutrients on health, wellness, and performance. **FCS.NW.1.B.A.1**
- 2 Analyze the relationship of nutrition and wellness to individual and family health throughout the lifespan. **FCS.NW.1.B.A.2**
- 3 Analyze the effects of food and diet fads, food addictions, and disordered eating on wellness. **FCS.NW.1.B.A.3**
- 4 Analyze sources of food and nutrition information, including food labels related to health and wellness. **FCS.NW.1.B.A.4**

C Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the lifespan. **FCS.NW.1.C**

Beginning (b)

- 1 Identify foods by group. **FCS.NW.1.C.B.1**
- 2 Explore health-related concerns that affect food choices. **FCS.NW.1.C.B.2**
- 3 Demonstrate handwashing techniques during food preparation. **FCS.NW.1.C.B.3**
- 4 Describe factors associated with food security. **FCS.NW.1.C.B.4**

Intermediate (i)

- 1 Identify nutrients important in dietary needs for different stages of the lifespan. **FCS.NW.1.C.I.1**
- 2 Apply nutritional knowledge to healthy meal planning. **FCS.NW.1.C.I.2**
- 3 Demonstrate food preparation skills. **FCS.NW.1.C.I.3**
- 4 Examine the relationship between food security, sustainability, food integrity, nutrition, and wellness. **FCS.NW.1.C.I.4**

Advanced (a)

- 1 Apply current dietary guidelines in planning to meet nutrition and wellness needs. **FCS.NW.1.C.A.1**
- 2 Design strategies that address the health and nutrition recommendations of individuals and families, including those with special needs. **FCS.NW.1.C.A.2**
- 3 Demonstrate the ability to select, safely store, prepare, and serve nutritious and aesthetically pleasing foods. **FCS.NW.1.C.A.3**
- 4 Evaluate policies and practices that impact food security, sustainability, food integrity, nutrition, and wellness of individuals and families. **FCS.NW.1.C.A.4**

D Evaluate factors that affect food safety from production through consumption. **FCS.NW.1.D**

Beginning (b)

- 1 Recognize that eating improperly prepared or spoiled food can cause illness. **FCS.NW.1.D.B.1**
- 2 Explain how contaminants may enter the food supply at various points in a food chain. **FCS.NW.1.D.B.2**
- 3 Identify ways to keep food fresh and safe to eat. **FCS.NW.1.D.B.3**
- 4 Explain the importance of preventing foodborne illnesses. **FCS.NW.1.D.B.4**
- 5 Identify sources of consumer information related to food safety and sanitation. **FCS.NW.1.D.B.5**

Intermediate (i)

- 1 Explain the relationship between food safety practices and health. **FCS.NW.1.D.I.1**
- 2 Identify agencies responsible for monitoring the food supply. **FCS.NW.1.D.I.2**
- 3 Discuss the inspection and labeling systems on food. **FCS.NW.1.D.I.3**
- 4 Identify the relationship between food safety practices and health. **FCS.NW.1.D.I.4**
- 5 Compare consumer messages about food safety and sanitation. **FCS.NW.1.D.I.5**

Advanced (a)

- 1 Analyze conditions and safety and sanitation practices that promote safe food handling. [FCS.NW.1.D.A.1](#)
- 2 Analyze how changes in national and international food production and distribution systems influence the food supply, including sustainability, organic food production, and the impact of genetically modified foods. [FCS.NW.1.D.A.2](#)
- 3 Investigate federal, state, and local inspection and labeling systems that protect the health of individuals and the public. [FCS.NW.1.D.A.3](#)
- 4 Analyze foodborne illness factors, including causes, potentially hazardous foods, and methods of prevention. [FCS.NW.1.D.A.4](#)
- 5 Analyze current consumer information about food safety and sanitation. [FCS.NW.1.D.A.5](#)

E Evaluate the influence of science and technology on food, nutrition, and wellness. [FCS.NW.1.E](#)

Beginning (b)

- 1 Identify newly developed foods. [FCS.NW.1.E.B.1](#)
- 2 Identify advances and changes throughout the history of food. [FCS.NW.1.E.B.2](#)
- 3 Identify the impact of food company advertising and media on individual food choices. [FCS.NW.1.E.B.3](#)

Intermediate (i)

- 1 Give examples of how the food supply has changed over time. [FCS.NW.1.E.I.1](#)
- 2 Examine the effects of scientific and technical advances in food processing and storage on nutrition and wellness. [FCS.NW.1.E.I.2](#)
- 3 Assess the effects of technological advances on selection, preparation, and home storage of food. [FCS.NW.1.E.I.3](#)

Advanced (a)

- 1 Analyze how scientific and technical advances influence the nutrient content, availability, and safety of foods. [FCS.NW.1.E.A.1](#)
- 2 Evaluate how the scientific and technical advances in product development, food processing, storage, and distribution influence nutrition and wellness. [FCS.NW.1.E.A.2](#)
- 3 Analyze the effects of food science and technology on meeting nutritional needs. [FCS.NW.1.E.A.3](#)