Wisconsin Family and Consumer Sciences

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

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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

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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

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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