

USD #294
Family And Consumer Science
Nutrition and Wellness

Course Description: Nutrition and Wellness is a one semester course. Maintaining overall health, planning well-balanced meals, and recognizing the importance of making good decisions to maintain positive physical, emotional, social, psychological and spiritual health throughout the life span are primary objectives of this course. Students in this course will also explore the application of these skills to career possibilities in the field of Nutrition and Wellness.

- A. Developmental Wellness
 - a. Physical
 - Making exercise part of a lifestyle
 - Maintaining a healthy weight/BMI
 - b. Emotional
 - Adapting to change
 - Coping techniques
 - c. Social
 - Working in a group
 - Making positive choices
 - Effect of individual wellness on others
 - d. Psychological
 - Exercising your brain
 - Costs and benefits of worry
 - e. Spiritual
 - Familiarity with self
 - Wants vs. needs

Objectives:

1. Define physical, emotional, social, psychological, and spiritual wellness.
2. Explain the relationships between physical, emotional, social, psychological, and spiritual wellness
3. Recognize the difference between ideal weight and societal expectations
4. Identify behaviors and choices that contribute to healthy wellness
5. Identify risky behaviors that can negatively affect an individual's wellness.
6. Identify and practice methods of coping with changes throughout the lifespan in all areas of development.
7. Demonstrate skills necessary to building positive relationships in groups.
8. Examine personal strengths and weaknesses in all areas of wellness.

- B. Dietary Influences
 - a. Dietary guidelines
 - Nutrient needs

Dining out

- b. Government, laws, regulations
- c. Resource reliability
- d. Economy
- e. Global issues
- f. Technology

Objectives:

- 1. Identify the six nutrients
- 2. Explain the benefits of each nutrient on health, appearance and peak performance
- 3. Explain how nutrients used in excess can be a health risk
- 4. Draw and label the food pyramid
- 5. Evaluate personal diets
- 6. Investigate food prices
- 7. Identify information on a food label
- 8. Compare eating at home to dining out
- 9. Identify influences on the American diet
- 10. Discuss how the role of government affects our food choices and practices.
- 11. Discuss the impact of technology on modern diets.
- 12. Create a list of consumer resources related to dietary information
- 13. Identify the factors that support reliability in consumer information.
- 14. Evaluate the reliability of several consumer resources.

C. Meal Planning

- a. application dietary guidelines
- b. using a budget
- c. recycling
- d. total wellness case studies
- e. special diets
 - health conditions
 - culture
 - sports and nutrition
- f. diet fads, addictions, disorders

Objectives:

1. Prepare a food budget.
2. List strategies for getting the most of your food dollar.
3. Practice recycling in the kitchen lab.
4. Discuss the harmful effects of fad diets.
5. Apply dietary guidelines to lab exercises.
6. Develop lab plans that include a food budget.
7. Plan and prepare a meal from a foreign culture.
8. Plan and prepare a meal for a special needs diet.
9. Identify warning signs of an addiction.
10. List and explain types of eating disorders.
11. Evaluate the effect of unhealthy eating behaviors on overall wellness throughout the lifespan

D. Careers in Nutrition and Wellness

- a. Opportunities
- b. Education and Training
- c. Risk Management Procedures
- d. Building Menus
- e. Food Product Development and Marketing

Objectives:

1. Investigate careers available in the field of nutrition and wellness.
2. Predict the need for nutrition and wellness careers in the future.
3. Research and report on one career in the field of nutrition and wellness.
4. Practice skills used in the field of nutrition and wellness.
5. Select correct storage procedures for a variety of foods.
6. Identify safe and unsafe food practices.
7. Describe different serving styles.
8. Explain how to prevent the spread of food borne illness.
9. Identify symptoms of food borne illness.
10. Follow food safety and sanitation rules in the kitchen lab.
11. Identify various types of kitchen equipment and their purpose.
12. follow the steps in a recipe.
13. Evaluate the impact of technology on food selection, preparation, and home storage.