



National Standards for Family and Consumer Sciences Education

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Developed by National Association of State Administrators of Family and Consumer Sciences (NASAFACS)

Area of Study 14.0

Nutrition and Wellness

Usage Guidelines

- Family and Consumer Sciences National Standards are outcomes; that is, expectations of what students should know and be able to do upon completion of a sequence of courses in a defined pathway/program of study.
- As state or local curriculum is developed, the national standards should be utilized as indicators of student achievement at the end of the pathway/program of study. Benchmarks should be developed at the state or local level for student achievement in earlier courses.
- The standards are grouped by Areas of Study, NOT by courses or course sequences. It is expected that content knowledge and skills from multiple Areas of Study would be utilized when building courses and course sequences for related Career Pathways for state or local uses. For example, standards from Area 14 Nutrition and Wellness might be incorporated into course sequences for Area 4 Education and Early Childhood, Area 7 Family and Community Services, Area 8 Food Production and Services, and Area 9 Food Science, Dietetics and Nutrition as well as course sequences for additional pathways.

Comprehensive Standard

Demonstrate nutrition and wellness practices that enhance individual and family well-being.

Content Standards

14.1 Analyze factors that influence nutrition and wellness practices across the life span.

Competencies

- 14.1.1 Explain physical, emotional, social, psychological, cultural, and spiritual components of individual and family wellness.
- 14.1.2 Investigate the effects of psychological, cultural, and social influences on food choices and other nutrition practices.
- 14.1.3 Investigate the governmental, economic, and technological influences on food choices and practices.
- 14.1.4 Analyze the effects of global, regional, and local events and conditions on food choices and practices
- 14.1.5 Analyze legislation and regulations related to nutrition and wellness.

14.2 Examine the nutritional needs of individuals and families in relation to health and wellness across the life span

- 14.2.1 Evaluate the effect of nutrition on health, wellness and performance.
- 14.2.2 Analyze the relationship of nutrition and wellness to individual and family health throughout the life span.
- 14.2.3 Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness.
- 14.2.4 Analyze sources of food and nutrition information, including food labels, related to health and wellness.

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| 14.3 Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span. | 14.3.1 Apply current dietary guidelines in planning to meet nutrition and wellness needs. |
| | 14.3.2 Design strategies that address the health and nutritional recommendations for individuals and families, including those with special needs. |
| | 14.3.3 Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product. |
| | 14.3.4 Evaluate policies and practices that impact food security, sustainability, food integrity, and nutrition and wellness of individuals and families. |
| 14.4 Evaluate factors that affect food safety from production through consumption. | 14.4.1 Analyze conditions and practices that promote safe food handling. |
| | 14.4.2 Analyze safety and sanitation practices. |
| | 14.4.3 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. |
| | 14.4.4 Investigate federal, state, and local inspection and labeling systems that protect the health of individuals and the public. |
| | 14.4.5 Analyze foodborne illness factors, including causes, potentially hazardous foods, and methods of prevention. |
| | 14.4.6 Analyze current consumer information about food safety and sanitation. |
| 14.5 Evaluate the influence of science and technology on food, nutrition, and wellness. | 14.5.1 Investigate how scientific and technical advances influence the nutrient content, availability, and safety of foods. |
| | 14.5.2 Analyze how the scientific and technical advances in food processing, storage, product development, and distribution influence nutrition and wellness. |
| | 14.5.3 Analyze the effects of technological advances on selection, preparation and home storage of food. |
| | 14.5.4 Analyze the effects of food science and technology on meeting nutritional needs. |