

Healthy Foods

Grades 9-12

Comprehensive Standards		Content Standards	Competencies	
9.0 Food Science, Dietetics, and Nutrition Integrate knowledge, skills, practices required for careers in food science, food technology, dietetics, and nutrition.	9.1	Analyze career paths within food science, food technology, dietetics, and nutrition industries.	9.1.1	Explain the roles and functions of individuals engaged in food science, food technology, dietetics, and nutrition careers.
			9.1.2	Analyze opportunities for employment and entrepreneurial endeavors.
			9.1.3	Summarize education and training requirements and opportunities for career paths in food science, food technology, dietetics, and nutrition.
	9.2	Apply risk management procedures to food safety, food testing, and sanitation.	9.2.1	Analyze factors that contribute to food borne illness.
			9.2.5	Demonstrate practices and procedures that assure personal and workplace health and hygiene.
	9.3	Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.	9.3.1	Analyze nutrient requirements across the life span addressing the diversity of people, culture, and religions.
			9.3.2	Analyze nutritional data.
			9.3.3	Apply principles of food production to maximize nutrient retention in prepared foods.
			9.3.4	Assess the influence of socioeconomic and psychological factors on food and nutrition and behavior.
			9.3.5	Analyze recipe/formula proportions and modifications for food production.
9.3.6	Critique the selection of foods to promote a healthy lifestyle.			
9.3.7	Categorize foods into exchange groups and plan menus, applying the exchange system to meet various nutrient needs.			

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	9.6	Demonstrate food science, dietetics, and nutrition management principles and practices.	9.6.1	Build menus to customer/client preferences.
			9.6.2	Implement food preparation, production, and testing systems.
			9.6.3	Apply standards for food quality.
			9.6.4	Create standardized recipes.
14.0 Nutrition and Wellness Demonstrate nutrition and wellness practices that enhance individual and family well-being.	14.1	Analyze factors that influence nutrition and wellness practices across the life span.	14.1.1	Explain physical, emotional, social, psychological, and spiritual components of individual and family wellness.
			14.1.2	Analyze the effects of psychological, cultural, and social influences on food choices and other nutrition practices.
	14.2	Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span.	14.2.1	Analyze the effect of nutrients on health, appearance, and peak 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.
	14.3	Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the span.	14.3.1	Apply various dietary guidelines in planning to meet nutrition and wellness needs.
			14.3.2	Design strategies that meet the health and nutrition requirements of individuals and families with special needs.
			14.3.3	Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.

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	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 throughout the food chain.
			14.4.3	Analyze how changes in national and international food production and distribution systems influence the food supply.
			14.4.4	Analyze federal, state, and local inspection and labeling systems that protect the health of individuals and the public.
			14.4.5	Analyze food borne illness factors, including causes, foods at risk, and methods of prevention commercially and by individuals and families.
	14.5	Evaluate the influence of science and technology on food consumption, safety, and other issues.	14.5.1	Analyze how scientific and technical advances influence the nutrient content, availability, and safety of foods.