

Foundations of Work and Family

Foods, Nutrition and Wellness-Students will demonstrate nutrition and food preparation knowledge and skills that will enhance individual and family well-being.

MFNW 1: Examine influences on nutrition and wellness practices.

Competencies

MFNW 1.1 Examine physical, emotional, social, psychological, and cultural components of individual and family wellness.

MFNW 1.2 Compare the impact of psychological, cultural, and social influences on food choices and other nutritional practices.

MFNW 2: Evaluate personal nutritional needs and how they can affect health, appearance and performance.

Competencies

MFNW 2.1 Assess the effect of nutrients on health, appearance, and peak performance.

MFNW 2.2 Assess the impact of food and fad diets, food addictions, and eating disorders on wellness.

MFNW 2.3 Appraise sources of food and nutrition information, including food labels.

MFNW 3 Demonstrate basic skills in selecting, storing, preparing, and serving foods that meet personal and family nutritional needs.

Competencies

MFNW 3.1 Design strategies that meet the requirements of individuals and families with special dietary needs.

MFNW 3.2 Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.

MFNW 3.3 Determine conditions that promote safe foods handling.

MFNW 3.4 Demonstrate individual safety and sanitation practices.

MFNW 3.5 Identify food borne illness as a health issue for individuals and families.

MFNW 4: Identify career paths in the Foods and Nutrition fields.

Competencies

MFNW 4.1 Investigate a career in the area of Foods, Nutrition or Wellness and identify the pathways used to reach that career.

Application/Assessments through FCCLA

National Programs

Community Service

Power of One: A Better You

Student Body

Families First: Parent Practice

Financial Fitness: Consumer Clout

STAR Events

Applied Technology

Focus on Children

National Programs in Action

Program/Classroom Activity Suggestions

- Triangle of Health-Wellness concept
- Self-assessment on personal food habits
- “Food a Multicultural Feast” video (Learning Seed)
- “A Global Food Tour” video
- Guest food demonstrations from diverse cultures
- Food Preparation Lab
- Cultural Food Fair
- Food of the Month/Week Activities

Resources

- Glencoe’s [Nutrition & Wellness](#)
- Glencoe’s [Teen Health](#)
- www.Mypyramid.gov
- Assessment Strategies for FCS F & N National Standards, The Curriculum Center for FCS, Texas Tech University, 806-742-3092