

Family and Consumer Sciences
Foods and Nutrition
Course Content Standards and Competencies
½ to 1 unit

Foods and Nutrition: Students will understand the foods and nutrition practices that promote individual and family health and well-being.

FCS-FN Competency 1-Students will analyze and understand factors that influence nutrition and wellness practices.

Indicators:

- Assess emotional, psychological, spiritual, cultural, and intellectual influences on individual/family food choices and nutrition and wellness across the lifespan.
- Analyze economic and environmental influences on food choices and nutritional practices.
- Analyze governmental influences to include legislation and regulation related to nutrition and wellness.
- Analyze the effects of food and diet fads on wellness.

FCS-FN Competency 2-Students will understand the strategies needed to meet the nutritional needs of individuals and families.

Indicators:

- Apply science-based dietary guidelines in planning to meet nutrition and wellness needs of individuals and families.
- Recognize health and nutrition requirements of individuals and families with special needs.
- Demonstrate ability to select, store, prepare and serve nutritious, safe and appealing foods.
- Evaluate food and nutrition information, including food labels, in relation to the nutrition content of the food.

FCS-FN Competency 3-Students will understand food safety and sanitation from production through consumption.

Indicators:

- Assess conditions and practices that promote safe food handling and methods for preventing a food borne illness outbreak for commercial and home practice.

- Analyze safety and sanitation practices in retail, institutions and home (including the use of equipment).
- Analyze the causes and foods at risk for food borne illness.

FCS-FN Competency 4-Students will evaluate and understand the influence of science and technology on the development, productions and consumption of foods and related issues.

Indicators:

- Analyze influence of scientific and technical advances on the nutrient content, availability and safety of foods.
- Relate scientific and technical advances in food processing, storage, product development and distribution for nutrition and wellness.
- Determine the effects of food science and technology on meeting nutritional needs.

FCS-FN Competency 5-Students will understand the nutritional needs of individuals and families.

Indicators:

- Evaluate the functions and requirements of vitamins on nutrition and wellness across the life span, and their food source.
- Evaluate the functions and requirements of minerals on nutrition and wellness across the life span, and their food source.
- Evaluate the functions and requirements of proteins on nutrition and wellness across the life span, and their food source.
- Evaluate the functions and requirements of fats on nutrition and wellness across the life span, and their food source.
- Evaluate the functions and requirements of carbohydrates on nutrition and wellness across the life span, and their food source.
- Evaluate the functions and requirements of water on nutrition and wellness across the life span, and their food source.

FCS-NN Competency 6-Students will understand the knowledge and skills necessary to pursue various foods and nutrition related career paths.

Indicators:

- Analyze jobs and preparation requirements for careers in nutrition and food occupations.
- Analyze personal qualifications, interests, values and educational preparation necessary for employment in a career in nutrition and food.

- Evaluate job market opportunities locally, regionally and nationally.
- Compare personal goals to career opportunities within food areas.

Application and Assessment through FCCLA:

National Programs

Career Connections
 Dynamic Leadership
 Families First
 Leaders at Work
 Power of One
 Student Body

STAR Events

Applied Technology
 Chapter Showcase
 Illustrated Talk
 Focus on Children
 Entrepreneurship
 Interpersonal Communication

Resources

National Standards for Family and Consumer Sciences Education
 Area of Study 14: Nutrition and Wellness, 2008

Foods for Today, 10th edition, Glencoe-McGraw Hill, 2010 ISBN
 978-07-8883668

Guide to Good Food, 11th Edition, Goodheart-Wilcox, 2010, ISBN
 978-1-60525-152-3

Available National Competency Assessment

AAFCS Pre-professional Assessment and Certification

Nutrition: http://www.aafcs.org/prepac/Assessment_Portfolio.html