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


**Available National Competency Assessment**

AAFCS Pre-professional Assessment and Certification
Nutrition: [http://www.aafcs.org/prepac/Assessment_Portfolio.html](http://www.aafcs.org/prepac/Assessment_Portfolio.html)