**Food Science, Nutrition, and Wellness**

**Possible Standards for this Course…**

* Demonstrate employability skills required by business and industry
	+ Communicate effectively through writing, speaking, listening, reading, and interpersonal abilities
	+ Demonstrate creativity by asking challenging questions and applying innovative procedures and methods
	+ Exhibit critical thinking and problem solving skills to locate, analyze, and apply information in career planning and employment situations
	+ Model work readiness traits required for success in the workplace including integrity, honesty, accountability, punctuality, time management, and respect for diversity
	+ Apply the appropriate skill sets to be productive in a changing, technological, diverse workplace to be able to work independently and apply team work skills
	+ Present a professional image through appearance, behavior, and language
* Analyze factors that influence food choices and quality of diet
	+ Physical factors
	+ Emotional factors
	+ Psychological factors
	+ Intellectual factors
	+ Spiritual, religious, cultural, and family customs factors
	+ Economic factors
	+ Environmental factors
	+ Research government and legislation
* Evaluate nutritional information in relation to wellness for individuals and families
	+ Identify basic nutrient information
	+ Analyze the Dietary Guidelines for Americans, Dietary Recommended Intake, and My Plate
	+ Compare and analyze food labels and nutrition facts panels on food products
	+ Compare portion sizes in different food categories
	+ Determine the allowable amount of trans fats in food
	+ Discuss the use of additives and controlled substances
	+ Examine the regulation of herbal supplements
	+ Analyze reliable sources of nutrition information
* Analyze the effects of food eating behaviors on wellness
	+ Compare and contrast healthy eating habits and practices
	+ Determine healthy strategies to gain, lose and maintain weight
	+ Examine traits, examples and health risks of fad diets
	+ Determine types and symptoms of eating disorders
	+ Compare and analyze financial and personal consequences from food related illnesses
	+ Determine strategies to lower intake of fat, sodium, caffeine, and sugar
	+ Determine strategies to avoid/prevent cancer, heart disease, obesity, and common nutrient deficiencies
	+ Examine the role of artificial sweeteners
* Investigate the health and nutrition requirements of individuals and families with special needs
	+ Vegetarians and vegans
	+ People with food allegories
* Analyze food safety and sanitation practices from production to consumption
	+ Demonstrate proper sanitation practices
	+ Understand the requirements of food temperatures and food safety
	+ Demonstrate the need of safe food handling practices
	+ Develop sanitation practices that apply to the Hazard Analysis and Critical Control Point (HACCP) system
	+ Demonstrate the need of safe food storage practices
	+ Develop appropriate activities regarding the safe use of equipment
	+ Understand the Health Department Inspection procedures and regulations
* Compare the causes and foods at risk for illnesses
	+ Distinguish causes and differences in food borne illnesses
	+ Understand the causes of food contaminates
	+ Identify the potentially hazardous foods and causes
	+ Determine the effect of ingredients on microbes, processing time and/or temperature
	+ Identify safety nets and identify resources to combat food borne illnesses
* Evaluate scientific and technical advances in food processing, storage, product development and distribution for nutrition and wellness
	+ Explain scientific methods and hypothesis testing
	+ Explain organically grown foods
	+ Discuss and explain concentrated foods
	+ Give examples on the effects of food density, shape and size, and amount of food
	+ Investigate strategies to increase the food supply, sustain the food supply, and protect the food supply
	+ Define the role of technology in expanding the food supply
* Design and demonstrate ability to select, store, prepare and serve nutritious, safe and appealing foods
	+ Determine the equivalents and measuring techniques for serving nutritious, safe appealing foods
	+ Identify sources of nutritious, safe and appealing locally grown foods
	+ Demonstrate safe food practice for cooking outdoors
	+ Demonstrate the selection, storage, and cooking techniques for dairy products
	+ Demonstrate the selection, storage, and cooking techniques for grains and starches
	+ Demonstrate the selection, storage, and cooking techniques for fruits
	+ Demonstrate the selection, storage, and cooking techniques for vegetables
	+ Apply different food service styles to menu planning
* Research careers related to food, nutrition, and wellness
	+ Identify foods and nutrition careers in the government, business, media, educational, and healthcare sectors and list the educational requirements for those identified
	+ Examine the job market at a local, state, and regional level
	+ Analyze how studying foods and nutrition now can benefit one in the future