**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