

# Nutrition and Wellness

## Student Learning Objectives

Linked to the  
National Standards for Family and Consumer Sciences Education

Program Type: 0704

Course Code: 096824

CIP Code: 19.0501

AAFCS assessments are driven by industry standards and requirements; based on relevant content standards and consistent with the National Standards for Family and Consumer Sciences Education and the National Career Clusters Initiative; appropriate to validate achievement of culinary arts competencies; useful in a broad range of education and employment settings, such as secondary and post-secondary education and employer-based human resource and staff development programs; and advantaged to utilize a gold-standard, computer-based testing platform format that provides for valid and reliable competency measurement, and a reporting mechanism for data-driven program improvement, accountability, and individual remediation and acceleration. Products can be reviewed at:

<http://www.aafcs.org/credentialing-center/pre-pac/portfolio>

### **Uses of the Assessment and Certification**

The assessment and certification are used to:

- document exit-level achievement in rigorous secondary programs and lower division post-secondary courses;
- satisfy federal accountability reporting mandates required by Perkins IV legislation;
- facilitate seamless articulation, placement, and credit-by exam within post-secondary institutions;
- validate competencies required for employment at the pre-professional and/or paraprofessional level; and
- provide an industry-recognized certification.

(Pre-PAC information and links used with permission from AAFCS.)

### **Careers**

The Nutrition, Food, and Wellness assessment and certification address competencies and a skill set necessary for success as a pre-professional in careers with a substantial focus on nutrition. There are usage applications in a broad range of education, community-based, staff development, and human resource settings. This assessment and certification will facilitate employment in early career ladder positions and promote continuing education at the post-secondary level preparing for careers associated with:

- nutrition and dietetics,
- nutrition education,
- food handling and safety,
- food service, and
- health and wellness.

### **Nutrition, Food and Wellness Competencies List**

[https://higherlogicdownload.s3.amazonaws.com/AAFCS/1c95de14-d78f-40b8-a6ef-a1fb628c68fe/UploadedImages/CredentialingCenter/Exams/Nutrition/Nutrition\\_Food\\_Wellness.pdf](https://higherlogicdownload.s3.amazonaws.com/AAFCS/1c95de14-d78f-40b8-a6ef-a1fb628c68fe/UploadedImages/CredentialingCenter/Exams/Nutrition/Nutrition_Food_Wellness.pdf)

### **Alignment to the Career Ready Practices of the Common Career Technical Core**

[https://higherlogicdownload.s3.amazonaws.com/AAFCS/1c95de14-d78f-40b8-a6ef-a1fb628c68fe/UploadedImages/CredentialingCenter/Exams/Nutrition/CCTC\\_Nutrition\\_Wellness.pdf](https://higherlogicdownload.s3.amazonaws.com/AAFCS/1c95de14-d78f-40b8-a6ef-a1fb628c68fe/UploadedImages/CredentialingCenter/Exams/Nutrition/CCTC_Nutrition_Wellness.pdf)

### **Alignment to the 21st Century Student Outcomes**

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### **Alignment to the Employability Skills Framework**

[https://higherlogicdownload.s3.amazonaws.com/AAFCS/1c95de14-d78f-40b8-a6ef-a1fb628c68fe/UploadedImages/CredentialingCenter/Exams/Nutrition/Employability\\_Nutrition\\_Food\\_Wellness.pdf](https://higherlogicdownload.s3.amazonaws.com/AAFCS/1c95de14-d78f-40b8-a6ef-a1fb628c68fe/UploadedImages/CredentialingCenter/Exams/Nutrition/Employability_Nutrition_Food_Wellness.pdf)

**Course Rationale**

To improve the health and quality of life of Missouri citizens, performance competencies in the Nutrition and Wellness course taught in Family and Consumer Sciences Education programs enable students to:

- a. construct meaning related to nutrition, food economics and ecology;
- b. communicate effectively with family members, consumer groups and providers of food and nutrition products and services;
- c. solve problems related to health and wellness, as well as food needs through the application of mathematics and science principles; and,
- d. make responsible decisions involving family and individual food needs, the use of the food dollar and the care of food.

**Course Description**

This course prepares individuals to understand the principles of nutrition; the relationship of nutrition to health and wellness; the selection, preparation, and care of food; meal management to meet individual and family food needs and patterns of living; food economics and ecology; optimal use of the food dollar; understanding and promoting nutritional knowledge; and application of related math and science skills.

**Objectives/Categories**

- A. Determine Influences on Personal Food Choices
- B. Comprehend Nutrition Principles
- C. Assess Nutrition and Wellness Practices
- D. Manage Resources to Promote Good Health
- E. Investigate Key Career in Nutrition and Wellness

Student Learning Objectives	NASAFACS	AAFCS
<b>A. Determine Influences on Personal Food Choices</b>		
Examine cultural influences (ethnic, religious)	14.1.2	1A
Explore family and social influences	14.1.1	1A
Examine psychological influences	14.1.1	1A
Investigate environmental influences (e.g., economic, political, geographic, global media)	14.1.3	1B, 1C
Research technological influences	14.1.3, 14.5.1, 14.5.2, 14.5.3, 14.5.4	4A, 4B, 4C

<b>B. Comprehend Nutrition Principles</b>		
Describe the effects of nutrients on health, growth, appearance and performance	14.2.1, 14.1.2	5A, 5B, 5C, 5D, 5E, 5F
Identify nutrient sources	14.2.4	5A, 5B, 5C, 5D, 5E, 5F
Use various nutrition guidelines (e.g., Food Guide Pyramid, Dietary Guidelines)	14.2.4	5A, 5B, 5C, 5D, 5E, 5F
Compare and contrast nutrient/caloric composition of foods	9.3.2	5A, 5B, 5C, 5D, 5E, 5F

<b>C. Assess Nutrition and Wellness Practices</b>		
Propose eating patterns that promote health	14.3.1, 14.3.2	2A
Examine special nutritional needs (e.g., sports nutrition, modified diets, food supplements)	9.3.1, 14.3.2	2B
Examine changes in food and nutrient needs across the lifespan	14.2.2	5A, 5B, 5C, 5D, 5E, 5F
Describe nutrition-related health risks	9.4.1	
Assess the effects of eating disorders and food and diet fads on wellness	14.2.3	
Assess the role of physical activity on wellness	14.2.1	

<b>D. Manage Resources to Promote Good Health</b>		
Demonstrate the ability to plan and prepare healthful meals and snacks using available resources (e.g., time, money, personal energy, skills)	9.3.7, 9.4.4, 14.3.3	
Identify safety and sanitation practices	8.2.1, 8.2.2, 8.2.7, 9.2.1, 9.2.2, 14.4.2, 14.4.5	3A, 3B, 3C
Compare ways to select, store, prepare, and serve food for optimum nutrition	9.3.3, 9.7.7, 14.3.3, 14.4.1, 14.4.2, 14.4.5	2C
Identify programs that provide food assistance, and nutrition and wellness services (e.g., community/government agencies, health organizations, community parks and recreation)	14.3.4, 14.4.4	
Discriminate between sources of reliable and unreliable food/nutrition information, products and services	14.2.4	
Utilize FCCLA programs to promote nutrition and wellness		

<b>E. Investigate Key Careers in Nutrition and Wellness</b>		
Identify career clusters and careers related to nutrition and wellness	9.1.1, 9.1.2	
Research jobs and careers related to nutrition and wellness	9.1.2, 9.1.3	
Examine ethical issues and work-related responsibilities	8.1.1, 9.1.1	