

# Nutrition & Fitness

**PURPOSE:** *Nutrition and Fitness is the study of the relationship between diet, activity level, and total wellness. The topics included in this course are: self-assessment, basic nutrition and sports nutrition, food facts or fiction, eating disorders, exercise and fitness, and careers.*

## **HIGH ACHIEVEMENT UNIT OUTCOMES:**

**Outcome I: Food, Nutrition, and You**  
**Components:**

### **Unit 1–Food, Nutrition, and You**

- 2.1.3 Implement decisions about providing safe and nutritious food for individuals and families.
- 14.1.1 Examine physical, emotional, social, psychological, and spiritual components of individual and family wellness.
- 14.1.2 Compare the impact of psychological, cultural, and social influences on food choices and other nutrition practices.
- 14.1.6 Examine the impact life choices have on long and short term wellness.
- 14.2.1 Assess the effect of nutrients on health, appearance, and peak performance.
- 14.2.2 Research the relationship of nutrition and wellness to individual and family health throughout the lifespan
- 14.2.3 Assess the impact of food and diet fads, food addictions, and eating disorders on wellness.
- 14.3.1 Apply various dietary guidelines in planning to meet nutrition and wellness needs.
- 14.3.2 Design strategies that meet the health and nutrition requirements of individuals and families with special needs.
- 14.5.4 Assess the effects of food science and technology on meeting nutritional needs.
- Determine various solutions in food quantity distribution.

**Outcome II: Workspace, Tools, and Techniques**  
**Components:**

### **Unit 2–Workspace, Tools, and Techniques**

- 14.3.3 Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.
- 14.4.1 Determine conditions and practices that promote safe food handling.
- 14.4.2 Appraise safety and sanitation practices throughout the food chain.
- 14.4.5 Monitor food borne illness as a health issue for individuals and families.
- 14.4.6 Review public dialogue about food safety and sanitation.
- 14.5.3 Determine the impact of technological advances on selection, preparation, and home storage of food.  
(Kitchen labs are performed once per week during this unit)

**Outcome III: Consumer Decisions**  
**Components:**

### **Unit 3–Consumer Decisions**

- 14.1.3 Examine the governmental, economics, and technological influences related to nutrition and wellness.
- 14.1.5 Examine legislation and regulations related to nutrition and wellness issues.
- 14.2.4 Appraise sources of food and nutrition information, including food labels, related to health and wellness.
- 14.6.4 Analyze the reliability of wellness information and sources.
- 14.4.3 Determine how changes in national and international food production and distribution systems impact the food supply.
- Explain and utilize a food budget.

**Outcome IV: Expanding Your Horizons**  
**Components:**

### **Unit 4–Expanding Your Horizons**

- Examine careers in the food and nutrition area.

**Outcome V: Personal Leadership Skills**

**Standard: Personal Leadership Skills**

- I.2 Display courtesy, tactfulness, and patience.
- II.1 Evaluate personal traits (including initiative, self-esteem, creative thinking, adaptability, and motivation).
- III.1 Value diversity, practice tolerance and acceptance, and work cooperatively toward common goals.
- III.3 Use the following communication techniques to achieve personal and professional goals: active listening; body language/nonverbal communication, correct verbal expressions; eye contact; reflection of feelings; silence when appropriate; prepared speaking.
- III.7 Ask appropriate questions to clarify another's communications.
- IV.3 Apply one or more problem-solving processes to a given situation(s).
- VIII.1 Define goals, identify priorities, and establish objectives for a project.
- VIII.2 Accept responsibility for personal decisions and actions.
- IX.1 Cooperate and comprise through teamwork and group participation.
- X.2 Recognize and celebrate the accomplishment of others.
- X.3 Utilize the resources and talents of all organization members.
- X.5 Demonstrate cooperative behaviors to contribute to one another's success.
- VI.1 Establish and examine personal short- and long-term goals, including resources needed to reach these goals.

**Outcome VI: Career Development Skills**

**Standard–Career Development Skills**

- II.2 Prepare and deliver a presentation appropriate to subject matter, purpose, and audience.
- I.4 Analyze a speaker's point of view.
- II.4 Participate in group communication activities
- III.1 Estimate, apply, and solve problems involving fractions, decimals, percentages, and real numbers
- III.2 Decide whether a problem situation is best solved using computer, calculator, paper and pencil, or mental arithmetic/estimation techniques.
- IV.2 Check, edit, and revise for correct information, appropriate emphasis, grammar, spelling, and punctuation.
- IV.4 Compile and maintain records, logs, lab notebooks, and other documentation.
- V.2 Compose, organize, and edit information using a computer.
- V.5 Select and use subject-specific and industry-specific software.
- VI.1 Perform a self-assessment:
  - a. Personal goals
  - b. Standards and values
  - c. Needs/wants
  - d. Strengths/weaknesses
  - e. Interests/talents
- VI.5 Demonstrate interpersonal skills:
  - a. Tact and diplomacy
  - b. Respect for others
  - c. Respect for diversity
  - d. Recognition of others' strengths
  - e. Positive assertiveness
  - f. positive attitude