

## Nutrition and Wellness Program of Study

Content Area: HSE

Grade Level: HS

POS: 3

<b>HSE.HS.3.1</b>	
Analyze criteria that customers use in the decision making process.	
<b><i>HSE.HS.3.1.a</i></b>	Recognize that products or services are created to meet a specific customer need.
<b>HSE.HS.3.2</b>	
Identify and apply the elements of meal planning, meal preparation, and meal service.	
<b><i>HSE.HS.3.2.a</i></b>	Identify basic table setting and meal etiquette.
<b>HSE.HS.3.3</b>	
Apply the knowledge and skills essential for effective customer service.	
<b><i>HSE.HS.3.3.a</i></b>	Interact with customers/clients in a positive, responsive, and professional manner.
<b>HSE.HS.3.4</b>	
Demonstrate professional food preparation techniques for all menu categories.	
<b><i>HSE.HS.3.4.a</i></b>	Review and apply culinary terms and abbreviations, equivalents, recipe yields, and proper measuring techniques with correct equipment (mise en place, equivalents).
<b><i>HSE.HS.3.4.b</i></b>	Select and explain the appropriate use and care of small appliances and equipment for specific product preparation and culinary applications.
<b>HSE.HS.3.5</b>	
Apply proper procedures for knife handling and knife use.	
<b><i>HSE.HS.3.5.a</i></b>	Identify types, use and care of knives.
<b>HSE.HS.3.6</b>	
Explain current dietary recommendations.	
<b><i>HSE.HS.3.6.a</i></b>	Summarize current recommendations for macronutrients and key micronutrients across the lifespan.
<b><i>HSE.HS.3.6.b</i></b>	Appraise reliable sources of nutrition information.
<b><i>HSE.HS.3.6.c</i></b>	Describe the 6 essential nutrients and their purpose in the body.
<b><i>HSE.HS.3.6.d</i></b>	Summarize the digestive process.
<b>HSE.HS.3.7</b>	
Describe the ideas of variety, moderation and whole foods as the foundation of a healthy diet.	
<b><i>HSE.HS.3.7.a</i></b>	Recognize characteristics of high quality diets.
<b><i>HSE.HS.3.7.b</i></b>	Identify nutrient dense foods.
<b><i>HSE.HS.3.7.c</i></b>	Define variety and moderation in the context of dietary intake.
<b>HSE.HS.3.8</b>	
Evaluate the Nutrition Facts label.	
<b><i>HSE.HS.3.8.a</i></b>	Compare and contrast food labels to determine healthier product.

<b>HSE.HS.3.8.b</b>	Explain the importance of the components of the Nutritional Facts label.
<b>HSE.HS.3.8.c</b>	Demonstrate ability to interpret the Nutrition Facts label.

<b>HSE.HS.3.9</b>	
Summarize sports nutrition and wellness practices of athletes.	
<b>HSE.HS.3.9.a</b>	Evaluate food intake of athletes.
<b>HSE.HS.3.9.b</b>	Create menu plans for athletes according to activity level.
<b>HSE.HS.3.9.c</b>	Explain the value of hydration for athletes.
<b>HSE.HS.3.9.d</b>	Prepare a pre and post workout plan to maximize performance.

<b>HSE.HS.3.10</b>	
Evaluate nutritional needs throughout lifespan.	
<b>HSE.HS.3.10.a</b>	Describe the changes in nutritional needs across the lifespan (essential nutrients, caloric intake, etc.).
<b>HSE.HS.3.10.b</b>	Manipulate recipes and ingredients to meet the needs of multiple dietary requirements (diabetes, low sodium, low calorie, etc.).

<b>HSE.HS.3.11</b>	
Compare and contrast personal eating habits to current USDA recommendations for a healthy diet.	
<b>HSE.HS.3.11.a</b>	Record and analyze foods eaten over a period of time.
<b>HSE.HS.3.11.b</b>	Describe how food intake affects short term and long term health.

<b>HSE.HS.3.12</b>	
Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness.	
<b>HSE.HS.3.12.a</b>	Identify risk factors, signs and symptoms and treatment of eating disorders.
<b>HSE.HS.3.12.b</b>	Compare and contrast popular fad diets.
<b>HSE.HS.3.12.c</b>	Describe the role that media can have on health.

<b>HSE.HS.3.13</b>	
Evaluate nutrition supplements.	
<b>HSE.HS.3.13.a</b>	Identify commonly used supplements and their purpose.
<b>HSE.HS.3.13.b</b>	Assess health claims of nutrition supplements.
<b>HSE.HS.3.13.c</b>	Explain FDA regulations regarding supplements.
<b>HSE.HS.3.13.d</b>	Describe phytonutrients.
<b>HSE.HS.3.13.e</b>	Contrast health benefits between supplements and whole foods.
<b>HSE.HS.3.13.f</b>	Illustrate the process for implementing supplements into a diet.

<b>HSE.HS.3.14</b>	
Evaluate Critical control points and analyze hazards from food procurement to post-preparation. (HACCP)	
<b>HSE.HS.3.14.a</b>	Identify and demonstrate first-aid procedures concerning common kitchen related injuries.
<b>HSE.HS.3.14.b</b>	Demonstrate proper personal hygiene techniques while working in the food setting.

<b>HSE.HS.3.15</b>	
Employ responsible financial practices when planning meals.	
<b>HSE.HS.3.15.a</b>	Plan well-balanced meals using various budgetary restrictions.

<b>HSE.HS.3.16</b>	
Summarize best practices used to safeguard those with food allergies or intolerances.	
<b>HSE.HS.3.16.a</b>	Compare and contrast food allergies and food intolerances.
<b>HSE.HS.3.16.b</b>	Describe the symptoms and treatment of an allergic reaction to food.

<b>HSE.HS.3.17</b>	
Demonstrate safe and efficient practices in the preparation of foods.	
<b>HSE.HS.3.17.a</b>	Demonstrate ability to avoid safety hazards in the kitchen environment (i.e. knife safety, fire safety, and appliance safety).

<b>HSE.HS.3.18</b>	
Demonstrate procedures utilized to prevent foodborne illnesses.	
<b>HSE.HS.3.18.a</b>	Identify characteristics and causes of foodborne illnesses.
<b>HSE.HS.3.18.b</b>	Identify potential hazardous foods that may cause foodborne illnesses.

<b>HSE.HS.3.19</b>	
Compare and contrast healthy and unhealthy cooking methods.	
<b>HSE.HS.3.19.a</b>	Identify the role of different ingredients on nutritional results (fats, grains, proteins, etc.).
<b>HSE.HS.3.19.b</b>	Describe how preparation and storing methods and affect nutrient content.

<b>HSE.HS.3.20</b>	
Explore impacts of science and technology on nutrition and foods.	
<b>HSE.HS.3.20.a</b>	Define "Farm to Table".
<b>HSE.HS.3.20.b</b>	Identify current nutrition and food trends and issues, such as "farm to table," food availability, organic food, and holistic eating practices.

<b>HSE.HS.3.21</b>	
Explain how consumer demand drives product development.	
<b>HSE.HS.3.21.a</b>	Identify common grocery shopping strategies used by consumers.
<b>HSE.HS.3.21.b</b>	Compare and contrast name brand and store brand products.

<b>HSE.HS.3.22</b>	
Examine the relationship between convenience and nutrition.	
<b>HSE.HS.3.22.a</b>	Illustrate decision making processes used in making healthy choices while eating out.
<b>HSE.HS.3.22.b</b>	Compare the nutritional content of processed versus whole foods.
<b>HSE.HS.3.22.c</b>	Defend nutritional choices that balance convenience and nutrition.

<b>HSE.HS.3.23</b>	
Assess career options and employment skills required in the food and nutrition industry.	
<b>HSE.HS.3.23.a</b>	Analyze various career opportunities including roles, responsibilities, training and educational requirements, and salaries.
<b>HSE.HS.3.23.b</b>	Analyze personal attitudes, traits, and values of foodservice professionals in regards to responsibility, accountability, ethics, and effectiveness
<b>HSE.HS.3.23.c</b>	Comply with workplace policies, norms/culture, procedures and protocols.

<b><i>HSE.HS.3.23.d</i></b>	Exhibit professional etiquette in all interactions.
<b><i>HSE.HS.3.23.e</i></b>	Create an employment portfolio for use with applying for food and nutrition internships and work-based learning opportunities.

<b>HSE.HS.3.24</b>	
Explain the effect of socioeconomic factors on food consumption.	
<b><i>HSE.HS.3.24.a</i></b>	Examine the effect of poverty on food availability and dietary habits.
<b><i>HSE.HS.3.24.b</i></b>	Define food desert and identify food deserts that exist in America.
<b><i>HSE.HS.3.24.c</i></b>	Examine how the rising cost of food influences all groups.

<b>HSE.HS.3.25</b>	
Analyze influences on food choices.	
<b><i>HSE.HS.3.25.a</i></b>	Explain physical, emotional, social, psychological, and spiritual influences on individuals' food choices.
<b><i>HSE.HS.3.25.b</i></b>	Compare and contrast specific dietary practices (vegan, vegetarian, etc.).

<b>HSE.HS.3.26</b>	
Analyze legislation and regulations related to nutrition and wellness.	
<b><i>HSE.HS.3.26.a</i></b>	Summarize the effects of the political process on nutrition related legislation.
<b><i>HSE.HS.3.26.b</i></b>	Describe the dual purpose of the school lunch program.
<b><i>HSE.HS.3.26.c</i></b>	Examine the role of government nutrition programs available for individuals and families.

<b>HSE.HS.3.27</b>	
Analyze the effects of global and local events and conditions on food choices and practices.	
<b><i>HSE.HS.3.27.a</i></b>	Investigate current health concerns which affect the global consumption and selection of foods.

<b>HSE.HS.3.28</b>	
Construct a relationship between information and consumer practice.	
<b><i>HSE.HS.3.28.a</i></b>	Understand the methods and importance of communicating accurate information to consumers about nutrition, food safety, and food products.
<b><i>HSE.HS.3.28.b</i></b>	Explain the use of technical reports in preparing and disseminating information.

## Fundamentals of Food and Nutrition

### Course Description

This course is designed to provide students with the base foundation knowledge of food selection and preparation needed to successfully fuel the human body through consumption of food and resulting food energy. With a beginning foundation of nutrition, students will learn basic preparation skills and the short-term and long-term wellness consequences as a result of nutritional intake, and exposure to careers related to the food industry.

### Course Code:

090107

### Endorsements to

#### Teach:

FACS

### Programs of Study

#### to which this

#### Course applies

HSE.HS.3 Nutrition and Wellness  
 HSE.HS.4 Food Science  
 BMM.HS.1 Culinary Arts  
 BMM.HS.2 ProStart

<b>HSE.HS.3.2</b>	
Identify and apply the elements of meal planning, meal preparation, and meal service.	
<b><i>HSE.HS.3.2.a</i></b>	Identify basic table setting and meal etiquette.

<b>HSE.HS.3.4</b>	
Demonstrate professional food preparation techniques for all menu categories.	
<b><i>HSE.HS.3.4.a</i></b>	Review and apply culinary terms and abbreviations, equivalents, recipe yields, and proper measuring techniques with correct equipment (mise en place, equivalents).
<b><i>HSE.HS.3.4.b</i></b>	Select and explain the appropriate use and care of small appliances and equipment for specific product preparation and culinary applications.

<b>HSE.HS.3.5</b>	
Apply proper procedures for knife handling and knife use.	
<b><i>HSE.HS.3.5.a</i></b>	Identify types, use and care of knives.

<b>HSE.HS.3.6</b>	
Explain current dietary recommendations.	
<b><i>HSE.HS.3.6.b</i></b>	Appraise reliable sources of nutrition information.
<b><i>HSE.HS.3.6.c</i></b>	Describe the 6 essential nutrients and their purpose in the body.
<b><i>HSE.HS.3.6.d</i></b>	Summarize the digestive process.

<b>HSE.HS.3.7</b>	
Describe the ideas of variety, moderation and whole foods as the foundation of a healthy diet.	
<b><i>HSE.HS.3.7.b</i></b>	Identify nutrient dense foods.

<b>HSE.HS.3.8</b>	
Evaluate the Nutrition Facts label.	
<b><i>HSE.HS.3.8.a</i></b>	Compare and contrast food labels to determine healthier product.
<b><i>HSE.HS.3.8.b</i></b>	Explain the importance of the components of the Nutritional Facts label.
<b><i>HSE.HS.3.8.c</i></b>	Demonstrate ability to interpret the Nutrition Facts label.

<b>HSE.HS.3.11</b>	
Compare and contrast personal eating habits to current USDA recommendations for a healthy diet.	
<b><i>HSE.HS.3.11.a</i></b>	Record and analyze foods eaten over a period of time.

<b>HSE.HS.3.14</b>	
Evaluate Critical control points and analyze hazards from food procurement to post-preparation. (HACCP)	
<b><i>HSE.HS.3.14.a</i></b>	Identify and demonstrate first-aid procedures concerning common kitchen related injuries.
<b><i>HSE.HS.3.14.b</i></b>	Demonstrate proper personal hygiene techniques while working in the food setting.

<b>HSE.HS.3.15</b>	
Employ responsible financial practices when planning meals.	
<b><i>HSE.HS.3.15.a</i></b>	Plan well-balanced meals using various budgetary restrictions.

<b>HSE.HS.3.16</b>	
Summarize best practices used to safeguard those with food allergies or intolerances.	
<b><i>HSE.HS.3.16.a</i></b>	Compare and contrast food allergies and food intolerances.
<b><i>HSE.HS.3.16.b</i></b>	Describe the symptoms and treatment of an allergic reaction to food.

<b>HSE.HS.3.17</b>	
Demonstrate safe and efficient practices in the preparation of foods.	
<b><i>HSE.HS.3.17.a</i></b>	Demonstrate ability to avoid safety hazards in the kitchen environment (i.e. knife safety, fire safety, and appliance safety).

<b>HSE.HS.3.18</b>	
Demonstrate procedures utilized to prevent foodborne illnesses.	
<b><i>HSE.HS.3.18.a</i></b>	Identify characteristics and causes of foodborne illnesses.
<b><i>HSE.HS.3.18.b</i></b>	Identify potential hazardous foods that may cause foodborne illnesses.

<b>HSE.HS.3.20</b>	
Explore impacts of science and technology on nutrition and foods.	
<b><i>HSE.HS.3.20.a</i></b>	Define "Farm to Table".
<b><i>HSE.HS.3.20.b</i></b>	Identify current nutrition and food trends and issues, such as "farm to table," food availability, organic food, and holistic eating practices.

<b>HSE.HS.3.21</b>	
Explain how consumer demand drives product development.	
<b><i>HSE.HS.3.21.a</i></b>	Identify common grocery shopping strategies used by consumers.
<b><i>HSE.HS.3.21.b</i></b>	Compare and contrast name brand and store brand products.

<b>HSE.HS.3.24</b>	
Explain the effect of socioeconomic factors on food consumption.	
<b><i>HSE.HS.3.24.c</i></b>	Examine how the rising cost of food influences all groups.

# Nutrition

## Course Description

In this course, students develop a deeper understanding of nutrition concepts including reading food labels, analyzing dieting practices including eating disorders, impacts on food consumption and food choices, as well as the role of government nutrition programs. Classroom, laboratory and educational leadership activities are supplemented through Nebraska FCCLA Career Student Organization.

### Course Code:

090114

### Endorsements to

#### Teach:

FACS

### Programs of Study

#### to which this

#### Course applies

HSE.HS.3 Nutrition and Wellness

HSE.HS.3.6	
Explain current dietary recommendations.	
<i>HSE.HS.3.6.a</i>	Summarize current recommendations for macronutrients and key micronutrients across the lifespan.

HSE.HS.3.7	
Describe the ideas of variety, moderation and whole foods as the foundation of a healthy diet.	
<i>HSE.HS.3.7.a</i>	Recognize characteristics of high quality diets.
<i>HSE.HS.3.7.c</i>	Define variety and moderation in the context of dietary intake.

HSE.HS.3.8	
Evaluate the Nutrition Facts label.	
<i>HSE.HS.3.8.a</i>	Compare and contrast food labels to determine healthier product.
<i>HSE.HS.3.8.c</i>	Demonstrate ability to interpret the Nutrition Facts label.

HSE.HS.3.11	
Compare and contrast personal eating habits to current USDA recommendations for a healthy diet.	
<i>HSE.HS.3.11.a</i>	Record and analyze foods eaten over a period of time.
<i>HSE.HS.3.11.b</i>	Describe how food intake affects short term and long term health.

HSE.HS.3.12	
Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness.	
<i>HSE.HS.3.12.b</i>	Compare and contrast popular fad diets.
<i>HSE.HS.3.12.c</i>	Describe the role that media can have on health.

HSE.HS.3.16	
Summarize best practices used to safeguard those with food allergies or intolerances.	

<b><i>HSE.HS.3.16.a</i></b>	Compare and contrast food allergies and food intolerances.
<b><i>HSE.HS.3.16.b</i></b>	Describe the symptoms and treatment of an allergic reaction to food.

<b>HSE.HS.3.19</b>	
Compare and contrast healthy and unhealthy cooking methods.	
<b><i>HSE.HS.3.19.a</i></b>	Identify the role of different ingredients on nutritional results (fats, grains, proteins, etc.).
<b><i>HSE.HS.3.19.b</i></b>	Describe how preparation and storing methods and affect nutrient content.

<b>HSE.HS.3.22</b>	
Examine the relationship between convenience and nutrition.	
<b><i>HSE.HS.3.22.a</i></b>	Illustrate decision making processes used in making healthy choices while eating out.
<b><i>HSE.HS.3.22.b</i></b>	Compare the nutritional content of processed versus whole foods.

<b>HSE.HS.3.24</b>	
Explain the effect of socioeconomic factors on food consumption.	
<b><i>HSE.HS.3.24.a</i></b>	Examine the effect of poverty on food availability and dietary habits.
<b><i>HSE.HS.3.24.b</i></b>	Define food desert and identify food deserts that exist in America.
<b><i>HSE.HS.3.24.c</i></b>	Examine how the rising cost of food influences all groups.

<b>HSE.HS.3.25</b>	
Analyze influences on food choices.	
<b><i>HSE.HS.3.25.a</i></b>	Explain physical, emotional, social, psychological, and spiritual influences on individuals' food choices.
<b><i>HSE.HS.3.25.b</i></b>	Compare and contrast specific dietary practices (vegan, vegetarian, etc.).

<b>HSE.HS.3.26</b>	
Analyze legislation and regulations related to nutrition and wellness.	
<b><i>HSE.HS.3.26.c</i></b>	Examine the role of government nutrition programs available for individuals and families.

# Dietetics

**Course Description**

Students apply advanced nutritional concepts to specific lifestyle requirements including athletic nutritional needs and needs across the lifespan. Students will evaluate nutrition and wellness practices and suggest improvement plans based on current USDA recommendations and socioeconomic impacts on eating. In this course, students will assess career options and employment skills required to be in the food and nutrition industry.

**Course Code:**

090115

**Endorsements to**

**Teach:**

FACS

**Programs of Study**

**to which this**

**Course applies**

HSE.HS.3 Nutrition and Wellness

<b>HSE.HS.3.1</b>	
Analyze criteria that customers use in the decision making process.	
<b>HSE.HS.3.1.a</b>	Recognize that products or services are created to meet a specific customer need.

<b>HSE.HS.3.3</b>	
Apply the knowledge and skills essential for effective customer service.	
<b>HSE.HS.3.3.a</b>	Interact with customers/clients in a positive, responsive, and professional manner.

<b>HSE.HS.3.6</b>	
Explain current dietary recommendations.	
<b>HSE.HS.3.6.a</b>	Summarize current recommendations for macronutrients and key micronutrients across the lifespan.

<b>HSE.HS.3.9</b>	
Summarize sports nutrition and wellness practices of athletes.	
<b>HSE.HS.3.9.a</b>	Evaluate food intake of athletes.
<b>HSE.HS.3.9.b</b>	Create menu plans for athletes according to activity level.
<b>HSE.HS.3.9.c</b>	Explain the value of hydration for athletes.
<b>HSE.HS.3.9.d</b>	Prepare a pre and post workout plan to maximize performance.

<b>HSE.HS.3.10</b>	
Evaluate nutritional needs throughout lifespan.	
<b>HSE.HS.3.10.a</b>	Describe the changes in nutritional needs across the lifespan (essential nutrients, caloric intake, etc.).
<b>HSE.HS.3.10.b</b>	Manipulate recipes and ingredients to meet the needs of multiple dietary requirements (diabetes, low sodium, low calorie, etc.).

<b>HSE.HS.3.11</b>	
Compare and contrast personal eating habits to current USDA recommendations for a healthy diet.	
<b>HSE.HS.3.11.a</b>	Record and analyze foods eaten over a period of time.
<b>HSE.HS.3.11.b</b>	Describe how food intake affects short term and long term health.

<b>HSE.HS.3.12</b>	
Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness.	
<b>HSE.HS.3.12.a</b>	Identify risk factors, signs and symptoms and treatment of eating disorders.

<b>HSE.HS.3.13</b>	
Evaluate nutrition supplements.	
<b>HSE.HS.3.13.a</b>	Identify commonly used supplements and their purpose.
<b>HSE.HS.3.13.b</b>	Assess health claims of nutrition supplements.
<b>HSE.HS.3.13.c</b>	Explain FDA regulations regarding supplements.
<b>HSE.HS.3.13.d</b>	Describe phytonutrients.
<b>HSE.HS.3.13.e</b>	Contrast health benefits between supplements and whole foods.
<b>HSE.HS.3.13.f</b>	Illustrate the process for implementing supplements into a diet.

<b>HSE.HS.3.22</b>	
Examine the relationship between convenience and nutrition.	
<b>HSE.HS.3.22.a</b>	Illustrate decision making processes used in making healthy choices while eating out.
<b>HSE.HS.3.22.c</b>	Defend nutritional choices that balance convenience and nutrition.

<b>HSE.HS.3.23</b>	
Assess career options and employment skills required in the food and nutrition industry.	
<b>HSE.HS.3.23.a</b>	Analyze various career opportunities including roles, responsibilities, training and educational requirements, and salaries.
<b>HSE.HS.3.23.b</b>	Analyze personal attitudes, traits, and values of foodservice professionals in regards to responsibility, accountability, ethics, and effectiveness
<b>HSE.HS.3.23.c</b>	Comply with workplace policies, norms/culture, procedures and protocols.
<b>HSE.HS.3.23.d</b>	Exhibit professional etiquette in all interactions.
<b>HSE.HS.3.23.e</b>	Create an employment portfolio for use with applying for food and nutrition internships and work-based learning opportunities.

<b>HSE.HS.3.24</b>	
Explain the effect of socioeconomic factors on food consumption.	
<b>HSE.HS.3.24.c</b>	Examine how the rising cost of food influences all groups.

<b>HSE.HS.3.25</b>	
Analyze influences on food choices.	
<b>HSE.HS.3.25.a</b>	Explain physical, emotional, social, psychological, and spiritual influences on individuals' food choices.
<b>HSE.HS.3.25.b</b>	Compare and contrast specific dietary practices (vegan, vegetarian, etc.).

<b>HSE.HS.3.26</b>	
Analyze legislation and regulations related to nutrition and wellness.	

<b><i>HSE.HS.3.26.a</i></b>	Summarize the effects of the political process on nutrition related legislation.
<b><i>HSE.HS.3.26.b</i></b>	Describe the dual purpose of the school lunch program.
<b><i>HSE.HS.3.26.c</i></b>	Examine the role of government nutrition programs available for individuals and families.

<b>HSE.HS.3.27</b>	
Analyze the effects of global and local events and conditions on food choices and practices.	
<b><i>HSE.HS.3.27.a</i></b>	Investigate current health concerns which affect the global consumption and selection of foods.

<b>HSE.HS.3.28</b>	
Construct a relationship between information and consumer practice.	
<b><i>HSE.HS.3.28.a</i></b>	Understand the methods and importance of communicating accurate information to consumers about nutrition, food safety, and food products.
<b><i>HSE.HS.3.28.b</i></b>	Explain the use of technical reports in preparing and disseminating information.

<b>Knowledge and Skill Statements</b>
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KSS 1 Critique dietary practices of individuals to improve health and wellness.
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KSS 2 Identify responsible consumer practices in food selection, handling, and preparation.
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KSS 3 Demonstrate proficiency in food preparation methods based on nutritional needs of individuals and families.
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KSS 4 Identify trends in food, nutrition, and wellness.
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KSS 5 Analyze food choice influences.
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