

Lifetime Nutrition and Wellness

Unit 1

- Define nutrition and understand how it affects health, appearance, school and job performance, and overall energy levels.
- Analyze the relationship between diet and chronic disease prevention.
- Evaluate how nutritional choices impact daily functioning and quality of life.
- Classify the six essential nutrients and describe their functions in the body.
- Identify food sources for each nutrient category and compare their nutritional value.
- Evaluate different food choices based on nutrient density and health benefits.
- Describe the mechanical and chemical processes of digestion throughout the digestive system.
- Explain the role of digestive enzymes in breaking down macronutrients.
- Trace the pathway of food from ingestion to nutrient absorption and waste elimination.
- Identify the functions of major digestive organs and accessory structures.
- Describe how the body converts food energy into usable cellular energy.
- Calculate basal metabolic rate and total daily energy expenditure.
- Explain factors that influence metabolic rate and energy needs.
- Analyze the relationship between caloric intake, activity levels, and weight management.
- Describe different types of physical activity and their benefits for health and wellness.
- Explain current physical activity recommendations for different age groups.
- Analyze the relationship between physical activity, metabolism, and weight management.
- Evaluate Body Mass Index as one indicator of health status.
- Analyze dietary recommendations for different life stages from pregnancy through older adulthood.
- Compare nutritional needs across the lifespan and explain why these needs change.
- Apply knowledge of nutrient-dense food choices to support health at various life stages.
- Evaluate current dietary guidelines and their applications throughout life.

Unit 2

- Understand different nutritional values used to describe healthy nutrient intakes.
- Compare serving sizes to portion sizes and their impact on nutrition.
- Read and interpret food labels to make informed food choices.
- Analyze advertising claims using established dietary reference standards.
- Examine the nutritional value of fast foods and convenience foods compared to whole foods.
- Analyze the short-term and long-term health effects of consuming convenience foods regularly.
- Research evidence connecting food choices to chronic disease development.
- Evaluate strategies for making healthier choices in fast-paced lifestyles.
- Describe symptoms and health impacts of diet-related diseases.
- Outline prevention strategies for diabetes, hypertension, childhood obesity, anorexia, and bulimia.
- Analyze treatment approaches for these diet-related conditions.
- Explain what fad diets are and how they compare to RDA guidelines.
- Recognize common examples of fad diets, past and present.
- Identify potential concerns and patterns connected to fad dieting.
- Describe therapeutic diets and explain why they are developed.
- Compare food allergies and food intolerances and their health effects.
- Develop examples of therapeutic diets for specific medical conditions.

Unit 3

- Define recipe and identify its standard parts including name, yield, ingredients, preparation time, and directions.
- Recognize standard measurements used in American cooking (teaspoons, tablespoons, and cups) and understand how to convert between different measurement units when necessary.
- Identify common cooking appliances used in food preparation and their basic functions in the cooking process.
- Create effective grocery lists that promote healthy eating while staying within a budget.
- Calculate the cost of meals and compare different food options.
- Identify factors that influence food prices and learn strategies for economical shopping.
- Understand how different cooking methods affect nutrient retention in foods.
- Identify techniques that maximize the nutritional value of foods during preparation and cooking.
- Learn how to modify recipes to make them healthier while maintaining flavor and appeal.
- Identify common foodborne illnesses and understand how they are transmitted through food.
- Demonstrate knowledge of safe practices for handling, preparing, and storing food to prevent contamination.
- Understand the importance of personal hygiene and appropriate dress when preparing food.
- Describe the importance of proper table setting in creating atmosphere and showing consideration for others.
- Identify the three main components of a place setting and its proper arrangement.
- Explain how table etiquette varies across cultures while understanding basic guidelines.
- Recognize the social benefits of sharing meals beyond just nutrition.

Unit 4

- Identify different types of careers in nutrition and wellness.
- Compare and contrast the education and training requirements for various nutrition careers.
- Explore career opportunities and employment outlook in the nutrition and wellness field.
- Identify key interpersonal communication skills needed in nutrition and wellness careers.
- Explain the importance of collaboration in workplace settings.
- Examine effective time management techniques for professional success.
- Recognize essential work ethics and professional behaviors.
- Develop problem-solving and critical thinking skills for workplace challenges.
- Identify effective teamwork practices in nutrition and wellness settings.
- Develop strategies for cooperation and responsibility in workplace teams.
- Apply time and energy management techniques for professional effectiveness.
- Practice problem-solving approaches using leadership and teamwork skills.
- Identify various entrepreneurial opportunities in the nutrition and wellness field.
- Analyze the market demand for nutrition-related businesses.
- Explore the essential skills and resources needed for entrepreneurship.
- Understand the challenges and rewards of starting a nutrition business.
- Identify common business challenges in nutrition and wellness enterprises.
- Apply systematic problem-solving approaches to business situations.
- Understand how to balance sustainability with profitability.
- Develop strategies for maintaining organizational health during challenges.