

Course Name	Nutrition & Wellness		Course Details	One Semester Course (60 Contact Hours) Level One Secondary Course on CTE/FCS Course Matrix	
			Course = 0.50 Carnegie Unit Credit		
Course Description	Upon completion of this course students will be able to demonstrate nutrition and wellness practices that enhance individual and family well being across the lifespan.				
Note:	This is a suggested scope and sequence for the course content. The content will work with any textbook or instructional resource. If locally adapted, make sure all essential knowledge and skills are covered.				
SCED Identification #		Schedule calculation based on 60 calendar days of a 90-day semester. Scope and sequence allows for additional time for guest speakers, student presentations, field trips, remediation, or other content topics.			
All courses taught in an approved CTE program must include Essential Skills embedded into the course content. The Essential Skills Framework for this course can be found at https://www.cde.state.co.us/standardsandinstruction/essentialskills National Administrators for Family and Consumer Sciences website at LEAD FCS NATIONAL STANDARDS					
Instructional Unit Topic	Suggested Length of Instruction	CTE or Academic Standard Alignment	Competency / Performance Indicator	Outcome / Measurement	CTSO Integration
Dimensions of Wellness		14.1 Analyze factors that influence nutrition and wellness practices across the life span.	<u>14.1.1:</u> Explain physical, emotional, social, psychological, cultural, and spiritual components of individual and family wellness.	Physical Wellness Emotional Wellness Social Wellness Spiritual Wellness Financial Wellness Occupational Wellness Environmental Wellness Intellectual Wellness	FCCLA Star Event: Career Investigation FCCLA Star Events: Food Innovations
			<u>14.1.2:</u> Investigate the effects of psychological, cultural, and social influences on food choices and other nutrition practices.	Research impact of a regional/local influence (psychological, cultural, social, governmental, economic, or technological) on personal food choices and/or nutrition practices - and the effects to dimensions of wellness.	FCCLA Star Event: Nutrition & Wellness FCCLA Star Event: Sports Nutrition
			<u>14.1.3:</u> Investigate the governmental, economic, and technological influences on food choices and practices.		FCCLA Start Event: Personal Finance
			<u>14.1.4:</u> Analyze the effects of global, regional, and local events and		

			conditions on food choices and practices		
Nutritional Needs of Individuals & Families		14.2 Examine the nutritional needs of individuals and families in relation to health and wellness across the life span	<u>14.2.1:</u> Evaluate the effect of nutrition on health, wellness and performance.	Metabolism Calories Macronutrients Micronutrients Nutrient Density Nutrient Needs Energy Needs Reading Food Labels	
			<u>14.2.2:</u> Analyze the relationship of nutrition and wellness to individual and family health throughout the life span.		
			<u>14.2.3:</u> Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness.		
			<u>14.2.4:</u> Analyze sources of food and nutrition information, including food labels, related to health and wellness.		
Menu Planning (Individual)		14.3 Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.	<u>14.3.1:</u> Apply current dietary guidelines in planning to meet nutrition and wellness needs.	My Plate Alternative Diets Menu planning that responds to current policies and practices.	
			<u>14.3.2:</u> Design strategies that address the health and nutritional recommendations for individuals and families, including those with specific dietary needs.		
			<u>14.3.3:</u> Demonstrate ability to select, store,		

			prepare, and serve nutritious, aesthetically pleasing food and food products.		
			<u>14.3.4:</u> Evaluate policies and practices that impact food security, sustainability, food integrity, and nutrition and wellness of individuals and families		
Foundations of Food Production		14.4 Evaluate factors that affect food safety from production through consumption.	<u>14.1.5:</u> Analyze legislation and regulations related to nutrition and wellness.	Warning Labels Bans on Ingredients Safety & Sanitation practices globally Food Borne Illnesses Servsafe: Food Handler	
			<u>14.4.1:</u> Analyze conditions and practices that promote safe food handling.		
			<u>14.4.2:</u> Analyze safety and sanitation practices.		
			<u>14.4.3:</u> Analyze how changes in national and international food production and distribution systems influence the food supply, including sustainability, organic food production and the impact of genetically modified foods.		
			<u>14.4.4:</u> Investigate federal, state, and local inspection and labeling systems that protect the health of individuals and the public.		
			<u>14.4.5:</u> Analyze foodborne illness factors, including		

			causes, potentially hazardous foods, and methods of prevention.		
			<u>14.4.6:</u> Analyze current consumer information about food safety and sanitation.		
Science Technology of Food		14.5 Evaluate the influence of science and technology on food, nutrition, and wellness.	<u>14.5.1:</u> Investigate how scientific and technical advances influence the nutrient content, availability, and safety of foods.	Fresh vs. Packaged Food Storage & Shelf Life Food Waste Cooking Methods / Nutrient Loss	
			<u>14.5.2:</u> Analyze how the scientific and technical advances in food processing, storage, product development, and distribution influence nutrition and wellness.		
			<u>14.5.3:</u> Analyze the effects of technological advances on selection, preparation and home storage of food.		
			<u>14.5.4:</u> Analyze the effects of food science and technology on meeting nutritional needs.		

Academic Standards Alignment

Colorado CTE courses are required to integrate academic and essential skills into course content. The following academic standards have been identified as aligned to this course and should be integrated throughout instruction.

[CO CTE Academic Standards Resources](#) (Rubrics, integration strategies, etc)

[CDE Colorado Academic Standards Online](#) (Online standards lookup tool)

Reading, Writing, & Communicating

Standard 1: Oral Expression and Listening

- **Prepared Graduate 1:** Collaborate effectively as group members or leaders who listen actively and respectfully; pose thoughtful questions, acknowledge the ideas of others; and contribute ideas to further the group's attainment of an objective.
- **Prepared Graduate 2:** Deliver effective oral presentations for varied audiences and varied purposes.

Standard 2: Reading for All Purposes

- **Prepared Graduate 4:** Read a wide range of informational texts to build knowledge and to better understand the human experience.
- **Prepared Graduate 5:** Understand how language functions in different contexts, command a variety of word-learning strategies to assist comprehension, and make effective choices for meaning or style when writing and speaking.

Standard 3: Writing and Composition

- **Prepared Graduate 9:** Demonstrate mastery of their own writing process with clear, coherent, and error-free polished products.

Standard 4: Research Inquiry and Design

- **Prepared Graduate 10:** Gather information from a variety of sources; analyze and evaluate its quality and relevance; and use it ethically to answer complex questions.

Note: Mathematics and Science standards will be added in the future. Visit the [Colorado Academic Standards](#) page for the most current version.