

## FAMILY AND CONSUMER SCIENCE 7

### **Examine influences on nutrition and wellness practices**

Examine physical, emotional, social, psychological, and cultural components of individual and family wellness.

Compare the impact of psychological, cultural, and social influences on food choices and other nutritional practices.

### **Evaluate personal nutritional needs and how they can affect health, appearance, and performance**

Assess the impact of food and fad diets, food addictions, and eating disorders on wellness.

Appraise sources of food and nutrition information, including food labels.

### **Demonstrate basic skills in selecting, storing, preparing, and serving foods that meet personal and family nutritional needs.**

Design strategies that meet the requirements of individual and families with special dietary needs.

Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.

Determine conditions that promote safe foods handling.

Demonstrate individual safety and sanitation practices.

Identify food borne illness as a health issue for individuals and families.

### **Identify career paths in the Foods and Nutrition fields.**

Investigate a career in the area of Foods, Nutrition or Wellness and identify the pathways used to reach that career.