

Correlation of the National Standards for Area of Study 14—Nutrition and Wellness with *Nutrition & Wellness for Life*

In planning your program, you may want to use the following correlation chart. This chart correlates the National Standards for Family and Consumer Sciences Education with the content of *Nutrition & Wellness for Life*. It lists the competencies for each of the content standards for *Area of Study 14—Nutrition and Wellness*. It also identifies the major text concepts that relate to each competency. Bold numbers indicate chapters in which concepts are found.

After studying the content of this text, students will be able to achieve the following comprehensive standard:

Area of Study 14.0—Demonstrate nutrition and wellness practices that enhance individual and family well-being.

Copyright ©2018–2028. Developed by the National Association of State Administrators of Family and Consumer Sciences (NASAFACS); used with permission.

Content Standard 14.1	
Analyze factors that influence nutrition and wellness practices across the life span.	
Competencies	Text Concepts
<p>14.1.1 Explain physical, emotional, social, psychological, cultural, and spiritual components of individual and family wellness.</p>	<p>1: Aspects of Wellness; Healthful Living in the United States; Review and Expand 2: Cultural Influences on Food Habits; Social Influences on Food Habits; Emotions Affect Food Habits 4: Factors Affecting Digestion and Absorption 13: Factors Affecting Your Weight Status 14: Nutrient Needs Change 16: Characteristics of Eating Disorders; Probable Causes of Eating Disorders 21: Human Needs and Wellness; What Is Mental Health?; What Is Social Health? 22: What Is Stress?; Effects of Stress on Health; Stress Management</p>
<p>14.1.2 Investigate the effects of psychological, cultural, and social influences on food choices and other nutrition practices.</p>	<p>1: Healthful Living in the United States 2: Cultural Influences on Food Habits; Social Influences on Food Habits; Emotions Affect Food Habits; Review and Expand 13: Eating Habits 16: Probable Causes of Eating Disorders 18: Factors that Affect Food Choices 21: Human Needs and Wellness</p>
<p>14.1.3 Investigate the governmental, economic, and technological influences on food choices and practices.</p>	<p>1: Healthful Living in the United States 2: The Influences of Agriculture, Technology, Economics, and Politics; Review and Expand</p>

<p>14.1.4 Analyze the effects of global, regional, and local events and conditions on food choices and practices.</p>	<p>2: The Influences of Agriculture, Technology, Economics, and Politics</p>
<p>14.1.5 Analyze legislation and regulations related to nutrition and wellness.</p>	<p>1: Review and Expand 2: The Politics of Food 3: Government Agencies 5: Dietary Reference Intakes, <i>Dietary Guidelines for Americans</i>; MyPlate; Food Labels; Review and Expand 11: Bottled Water Versus Tap Water 18: Food Assistance Resources; Food Irradiation; Food Additives; Extend Your Knowledge: The Delaney Clause; Organically Grown; Consumer Complaint Process 19: Purchasing and Storing Poultry; Inspection</p>
<p>Content Standard 14.2 Examine the nutritional needs of individuals and families in relation to health and wellness across the life span.</p>	
<p>14.2.1 Evaluate the effect of nutrition on health, wellness, and performance.</p>	<p>4: Food, Nutrients, and Energy 5: Follow a Healthy Eating Pattern Across the Life Span; Review and Expand 6: Functions of Carbohydrates; How Your Body Uses Carbohydrates; Meeting Your Carbohydrate Needs: Health Questions Related to Carbohydrates 7: Functions of Lipids; How Your Body Uses Lipids; Meeting Your Lipid Needs; Health Questions Related to Lipids 8: Functions of Protein; Meeting Your Protein Needs; Health Questions Related to Protein 9: The Fat-Soluble Vitamins at Work; The Water-Soluble Vitamins at Work; Vitamin-Like and Nonnutrient Substances 10: The Macrominerals at Work; The Microminerals at Work 11: The Vital Functions of Water; Keeping Water in Balance; Fluid Imbalance 12: Energy Imbalance 15: The Nutrient Needs of an Athlete; The Athlete's Need for Fluids; Review and Expand</p>
<p>14.2.2 Analyze the relationship of nutrition and wellness to individual and family health throughout the life span.</p>	<p>5: Follow a Healthy Eating Pattern Across the Life Span 11: Needs Across the Life Span 13: Healthy Weight Is Important 14: Nutrition Across the Life Span; Review and Expand</p>
<p>14.2.3 Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness.</p>	<p>13: Unsafe Weight-Loss Practices; Review and Expand 14: Special Dietary Concerns 16: Disordered Eating or Eating Disorder?; Characteristics of Eating Disorders; Risks for Athletes</p>
<p>14.2.4 Analyze sources of food and nutrition information, including food labels, related to health and wellness.</p>	<p>1: Evaluating Research Reports; Evaluating Social Media Reports on Health and Wellness; Review and Expand 5: Dietary Reference Intakes, <i>Dietary Guidelines for Americans</i>; MyPlate; Food Labels; Using Food Recommendations and Guidelines; Review and Expand</p>

Content Standard 14.3

Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.

14.3.1

Apply current dietary guidelines in planning to meet nutrition and wellness needs.

- 5: A Personalized Food Plan; Review and Expand
- 14: Nutrient Needs During Pregnancy; Nutrient Needs During Lactation; Meals to Meet Nutritional Needs; Foods for Toddlers; Nutrient Needs During Childhood; Meals for Children; Nutrient Needs During Adolescence; Meals for Adolescents; Nutrient Needs During Adulthood; Adult Food Choices; Review and Expand
- 17: Healthy Meals; Weekly Menus; Eating Healthy Meals Away from Home
- 19: Recipe Makeover

14.3.2

Design strategies that address the health and nutritional recommendations for individuals and families, including those with special needs.

- 5: MyPlate; DASH Diet; Food Lists
- 14: Meals to Meet Nutritional Needs; Foods for Toddlers; Meals for Children; Meals for Adolescents; Adult Food Choices; Review and Expand
- 17: Address Special Needs; Review and Expand

14.3.3

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

- 9: Preserving Vitamins in Foods
- 10: Minerals and Healthful Food Choices
- 17: Creating Meal Plans; Managing Time for Meal Preparation
- 18: Where to Shop for Food; Controlling Food Costs
- 19: Preparing Food; Review and Expand

14.3.4

Evaluate policies and practices that impact food security, sustainability, food integrity, and nutrition and wellness of individuals and families.

- 2: The Influences of Agriculture, Technology, Economics, and Politics
 - 3: People and Public Food Safety; Review and Expand
- See feature box *Food and the Environment* in Chapters 2, 3, 4, 5, 6, 8, 11, 13, 16, 17, 19, and 22 for sustainability content.

Content Standard 14.4

Evaluate factors that affect food safety from production through consumption.

14.4.1

Analyze conditions and practices that promote safe food handling.

- 3: Common Food Contaminants; Outwitting the Food Contaminators; People and Public Food Safety; Review and Expand
- 17: Packing a Lunch
- 18: Use a Shopping List
- 19: Egg Safety; Purchasing and Storing Poultry; Food Safety and Ground Meat; Purchasing and Storing Meat; Purchasing and Storing Fish and Shellfish; Cooking with Fruits and Vegetables

14.4.2

Analyze safety and sanitation practices.

- 3: Outwitting the Food Contaminators; Review and Expand
- 19: Knife Safety and Skills; Egg Safety; Purchasing and Storing Poultry; Food Safety and Ground Meat; Purchasing and Storing Meat; Purchasing and Storing Fish and Shellfish; Cooking with Fruits and Vegetables; Review and Expand

14.4.3

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.

- 2: The Influences of Agriculture, Technology, Economics, and Politics
 - 3: People and Public Food Safety; Review and Expand
 - 18: Organically Grown
- See feature box *Food and the Environment* in Chapters 2, 3, 4, 5, 6, 8, 11, 13, 16, 17, 19, and 22 for sustainability content.

<p>14.4.4 Investigate federal, state, and local inspection and labeling systems that protect the health of individuals and the public.</p>	<p>3: People and Public Food Safety; Review and Expand 5: Food Labeling 19: Purchasing and Storing Poultry; Inspection</p>
<p>14.4.5 Analyze foodborne illness factors, including causes, potentially hazardous foods, and methods of prevention.</p>	<p>3: Common Food Contaminants; Outwitting the Food Contaminators; People and Public Food Safety; Review and Expand 17: Packing a Lunch 18: Use a Shopping List 19: Egg Safety; Purchasing and Storing Poultry; Food Safety and Ground Meat; Purchasing and Storing Meat; Purchasing and Storing Fish and Shellfish; Cooking with Fruits and Vegetables; Review and Expand</p>
<p>14.4.6 Analyze current consumer information about food safety and sanitation.</p>	<p>3: Outwitting the Food Contaminators; Review and Expand</p>
<p>Content Standard 14.5 Evaluate the influence of science and technology on food, nutrition, and wellness.</p>	
<p>14.5.1 Investigate how scientific and technical advances influence the nutrient content, availability, and safety of foods.</p>	<p>1: Healthful Living in the United States 2: The Influences of Agriculture, Technology, Economics, and Politics; Review and Expand 3: Extend Your Knowledge: Nanotechnology and Food Safety 10: Mineral Values of Foods 18: Food Processing; Food Irradiation; Food Additives; Review and Expand</p>
<p>14.5.2 Analyze how the scientific and technical advances in food processing, storage, product development, and distribution influence nutrition and wellness.</p>	<p>1: Healthful Living in the United States 2: The Influences of Agriculture, Technology, Economics, and Politics; Review and Expand 3: Extend Your Knowledge: Nanotechnology and Food Safety 10: Mineral Values of Foods 18: Food Processing; Food Irradiation; Food Additives; Review and Expand</p>
<p>14.5.3 Analyze the effects of technological advances on selection, preparation, and home storage of food.</p>	<p>17: Kitchen Appliances; Use Time-Saving Devices; Select Quick and Easy Menu Items; Consider Minimally Processed Foods; Review and Expand 18: Where to Shop for Food; Food Processing; Food Irradiation; Food Additives; Review and Expand</p>
<p>14.5.4 Analyze the effects of food science and technology on meeting nutritional needs.</p>	<p>1: Healthful Living in the United States 2: The Influences of Agriculture, Technology, Economics, and Politics; Review and Expand 10: Mineral Values of Foods 18: Food Processing; Food Irradiation; Food Additives; Review and Expand</p>