



Goodheart-Willcox Correlation of <i>Nutrition & Wellness for Life</i> ©2017 to Oklahoma Standards for Career Tech / Family & Consumer Sciences Course: Nutrition, Food, and Wellness – Grades 9-12	
Standard	Correlating Textbook Pages
Demonstrating Personal Qualities and Abilities	
Demonstrate creativity and innovation.	630-637, 638-639
Demonstrate critical thinking and problem solving.	559, 617-636, 637-639
Demonstrate initiative and self-direction.	559-562
Demonstrate integrity.	614
Demonstrate work ethic.	614
Demonstrating Interpersonal Skills	
Demonstrate conflict-resolution skills.	554, 556
Demonstrate listening and speaking skills.	554-555, 557- 558
Demonstrate respect for diversity.	614, 637
Demonstrate customer service skills.	614, 638
Collaborate with team members.	558, 614
Demonstrating Professional Competencies	
Demonstrate big-picture thinking.	614
Demonstrate career- and life-management skills.	614-639
Demonstrate continuous learning and adaptability.	622-623
Manage time and resources.	614, 638
Demonstrate information-literacy skills.	554-555, 614
Demonstrate an understanding of information security.	554-555
Maintain working knowledge of current information-technology (IT) systems.	35, 553-554
Demonstrate proficiency with technologies, tools, and machines common to a specific occupation.	35, 41-44, 553-554



Apply mathematical skills to job-specific tasks.	640-671
Demonstrate professionalism.	614, 616-619
Demonstrate reading and writing skills.	614
Demonstrate workplace safety.	638-639
Examining All Aspects of an Industry	
Examine aspects of planning within an industry/organization.	614-633
Examine aspects of management within an industry/organization.	636-639
Examine aspects of financial responsibility within an industry/organization.	614-615
Examine technical and production skills required of workers within an industry/organization.	35, 41-44, 553-554
Examine principles of technology that underlie an industry/organization.	35, 553-554
Examine labor issues related to an industry/organization.	614-639
Examine community issues related to an industry/organization.	614-637
Examine health, safety, and environmental issues related to an industry/organization.	8-17
Addressing Elements of Student Life	
Identify the purposes and goals of the student organization.	620-623
Explain the benefits and responsibilities of membership in the student organization as a student and in professional/civic organizations as an adult.	620-623
Demonstrate leadership skills through participation in student organization activities, such as meetings, programs, and projects.	620-623
Identify Internet safety issues and procedures for complying with acceptable use standards.	35, 553-554
Exploring Work-Based Learning	
Identify the types of work-based learning (WBL) opportunities.	620-623
Reflect on lessons learned during the WBL experience.	620-623



Explore career opportunities related to the WBL experience.	620-623
Participate in a WBL experience, when appropriate.	620-623
Balancing Work and Family	
Analyze the meaning of work and the meaning of family.	636-639
Compare how families affect work life and how work life affects families.	636-639
Identify management strategies for balancing work and family roles.	636-639
Understanding Wellness	
Explain the relationship between nutrition and wellness.	326-327
Explore factors that influence wellness and lifestyle practices across the lifespan.	326-359
Explain the relationship between physical fitness and wellness.	516-528
Identify community resources and services for nutrition and wellness.	21, 47
Analyze the components of a plan to improve physical fitness.	536-537
Identify eating patterns and their effects on wellness.	300
Identify the effects of food fads and diet fads on wellness.	311
Examine the impact of eating disorders on wellness.	390-405
Explain the relationship between stress and wellness.	566-581
Describe strategies to manage stress.	574-581
Analyze factors that affect emotional well-being.	542-563
Investigate community and national topics related to nutrition and wellness.	542-544
Analyze economic, environmental, and social determinants that influence food choices and other nutritional practices.	26-47
Describe the effects of government policies and regulations on nutrition and wellness.	107-111
Develop a plan to promote and sustain personal wellness.	326-327, 516-528, 542-563, 581



Investigating Principles of Nutrition	
Identify the functions of macro- and micronutrients and the body's requirements for each.	78
Evaluate sources of nutrition information.	102-125
Compare human nutritional needs at the different stages of life.	326-359
Identify methods for determining a healthy body weight.	313-321
Explain the principles of energy balance.	280-295
Explore basic concepts of nutrition for meeting special dietary needs.	358-359
Planning Menus and Preparing Food	
Apply science-based dietary guidelines when planning menus.	103, 107, 141, 366, 427, 593
Perform nutritional analyses of recipes and menus.	122-124
Apply basic concepts of nutrition in meal planning to meet special dietary needs.	358-359
Use the nutrition facts label to evaluate the nutritional quality of foods.	114-115
Develop a food budget and comparison-shopping strategies.	444-448
Identify the components of a standardized recipe.	466-467
Modify recipes to meet dietary needs.	358-359
Apply time-management principles when planning, preparing, and serving food.	470-477
Design kitchen work space to facilitate efficient food preparation.	410-414, 471
Select and use food-preparation utensils and equipment.	410-420
Using Science and Technology in Food Management	
Analyze the impact of advances in technology and science on the food industry.	41-44
Apply basic food-science principles to food preparation.	472-477
Identify strategies for conserving environmental resources with regard to food purchase, storage, and disposal.	10



Ensuring Food Safety	
Explain the conditions that promote the growth of food-borne pathogens.	52-68
Identify types of food-borne illnesses (i.e., pathogenic and parasitic infections).	52-53
Demonstrate safe preparation and handling practices for food.	58-64
Outline steps for cleaning and sanitizing food-preparation utensils and equipment.	61-62
Exploring Careers in the Field of Nutrition and Wellness	
Explore career pathways in the field of nutrition and wellness.	615
Evaluate personal assets for potential careers.	614
Match personal assets to specific careers in the field of nutrition and wellness.	616-619