KCKPS CTE CURRICULUM PACING GUIDE

NUTRITION & WELLNESS

KSDE Course Code	08057G0.501115GGF	KSDE Course Name	Nutrition & Wellness
CIP Code	19.0799	KSDE Pathway	Family, Community, & Consumer Services
Infinite Campus Course Numbers	12102011Q 12102011S		
Prerequisites	Career and Life Planning		
Courses That Follow	Community Connections, Career Connections		
Buildings Offered	Harmon, Wyandotte		

KCKPS Course Description

Nutrition and Wellness prepares a student to make healthy choices that promote good nutrition and wellness throughout their life. Topics include general nutrition, stress management, drug/alcohol abuse prevention, exercise, diet, safety, physical activity, aging, and general first aid.

Kansas Department of Education Course Competencies

Link to Career Cluster on KSDE

This course utilizes the approved competencies provided on the KSDE website. The competencies identified by KSDE provide the foundation for what students should know and/or be able to do by the end of the course.

Common District Summative Assessment

Precision Exam: Nutrition and Wellness

Description: Nutrition and Wellness is an introductory course valuable for all students as a life foundation and academic enrichment; it is especially relevant for students interested in careers related to nutrition, food, and wellness. This nutrition class introduces students to only the basics of food preparation so they can become self sufficient in accessing healthy and nutritious foods. Major course topics include nutrition principles and applications; influences on nutrition and wellness; food preparation, safety, and sanitation; and science, technology, and careers in nutrition and wellness.

Standards: https://www.precisionexams.com/kansas/files/standards-pdfs/ks_2001.pdf

PACING GUIDE AT A GLANCE

Unit	Unit Name	Length
1	Components of Wellness	5 weeks
2	Physical Activity	2 weeks
3	Nutrition	5 weeks
4	Social, Emotional, and Mental Wellness	2 weeks
5	Health and Wellness Across the Lifespan	4 weeks

KSDE COURSE COMPETENCIES

Competency	Unit Taught
7.1.1 Identify the interrelationship of the three sides of the wellness triangle.	1
7.1.2 Analyze the relationship of the physical, emotional, social and intellectual components of individual and family wellness.	1
7.1.3 Compare and contrast nutritional and wellness challenges across the lifespan for individuals and families.	1
7.1.4 Examine the impact of family culture, socio economic and local to global conditions on wellness practices (e.g. local sourcing, food availability, imported foods, etc)	1
7.1.5 Analyze the effects of social and cultural views on body image.	4
7.1.6 Identify risky behaviors that affect health and wellness.	1
7.1.7 Analyze data related to health and wellness to determine reliable and unreliable sources of nutrition, health and wellness information.	3
7.1.8 Identify legislation, regulations and public policies related to personal wellness (i.e. health care, food inspection, labeling laws, bringing eating at home, and requirements for insurance)	3
7.1.9 Summarize information about procuring and maintaining health care across the lifespan.	5

7.1.10 Analyze options for creating sustainable wellness practices (i.e. water conservation, walking outside vs a treadmill)	1
7.2.1 Analyze the impact of nutrients on health, appearance and peak performance.	3
7.2.2 Identify the effects of diet fads, food addictions, and eating disorders on wellness	4
7.2.3 Compare and contrast food deficiencies and toxicities on mental and physical health (e.g. dementia, potassium/water deficiency).	3
7.2.4 Analyze impact of food decisions on social wellness (e.g. aging, family table)	4
7.2.5 Apply dietary guidelines in meal planning/food decisions to meet nutritional needs across the life plan (e.g. special diets, age specific considerations, seasonal foods)	3
7.2.6 Analyze the relationship between knowing how to cook for prevention of diseases, and/or improvement of health conditions (i.e. obesity prevention, high blood pressure)	3
7.2.7 Demonstrate various cooking methods that increase nutritional value (i.e. broiling/steaming/baking vs frying, fresh vs frozen, food preservation to enhance healthier foods vs purchase premade foods with additives to increase shelf life)	3
7.2.8 Practice food innovation, food preparation and sanitation skills to modify foods for improvement of health value (i.e. lower sodium, lower fat content, lower kcals, increase the nutritional value of foods and/or other scenarios).	3
7.3.1 Identify the positive benefits of physical activity across the lifespan.	2
7.3.2 Explain the relationship between nutrition, physical activity and wellness	2
7.3.3 Implement and monitor a personal health plan, including nutrition and diet, wellness and fitness components	2/5
7.4.1 Analyze mental health factors that influence social health.	4
7.4.2 Compare and contrast impact of stress on social interaction, physical health and mental wellness	1
7.4.3 Identify agencies and resources to address issues and assist those with health conditions (i.e. mental health, social health, physical health, and emotional health).	5
7.4.4 Identify the warning signs of individuals at risk of mental health conditions	4
7.4.5 Determine the components of positive relationships in both social and family settings.	1
7.4.6 Analyze influences on health decisions, including technology and the media (i.e. online medical websites, advertising, social media).	5

7.4.7 Identify coping strategies to manage life issues.	4
7.5.1 Demonstrate collaborative skills to address health and wellness concerns	5
7.5.2 Practice effective communication skills when sharing information about healthy living practices	5
7.5.3 Enhance development of process skills across all contexts (i.e. critical thinking, creativity, goal setting, problem solving, decision making, leadership, management, cooperation)	5
7.5.4 Determine how science and technological advances are influencing the availability, safety and nutritional value of foods	3
7.5.5 Apply thinking and practical problem solving strategies to promote prevention of health and wellness issues	5
7.5.6 Create and share nutrition, health and/or wellness information using multiple modes of technology to advocate for good nutrition, health and/or wellness decisions	5
7.5.7 Summarize education, training, certifications and responsibilities of individuals engaged in nutrition, prevention health and wellness related careers (e.g. advocates, prevention education, intervention resource conduit)	5
7.5.8 Analyze benefits of professional organizations to the nutrition, prevention health and wellness professional.	5

UNIT 1

Components of Wellness 5 weeks

Unit Overview

Students will gain an Overview of the Wellness Triangle and the Eight Domains of Wellness. They will also gain awareness of factors that affect our wellness.

Unit Competencies

- 7.1.1 Identify the interrelationship of the three sides of the wellness triangle.
- 7.1.2 Analyze the relationship of the physical, emotional, social and intellectual components of individual and family wellness.
- 7.1.3 Compare and contrast nutritional and wellness challenges across the lifespan for individuals and families.
- 7.1.4 Examine the impact of family culture, socio economic and local to global conditions on wellness practices (e.g. local sourcing, food availability, imported foods, etc)
- 7.1.6 Identify risky behaviors that affect health and wellness.
- 7.1.10 Analyze options for creating sustainable wellness practices (i.e. water conservation, walking outside vs a treadmill)
- 7.4.2 Compare and contrast impact of stress on social interaction, physical health and mental wellness
- 7.4.5 Determine the components of positive relationships in both social and family settings.

Unit Resources

Primary Resources	Supplemental Resources
• The Wellness Triangle • The Eight Domains of Wellness	

Unit Vocabulary

Physical, Social, Emotional, Mental, Moral, Intellectual, Environmental, Occupational

UNIT 2

Physical Activity 2 weeks

Unit Overview

Students will learn about the importance of physical activity in a healthy lifestyle. They will learn different fitness regiments and create a personal fitness plan.

Unit Competencies

- 7.3.1 Identify the positive benefits of physical activity across the lifespan.
- 7.3.2 Explain the relationship between nutrition, physical activity and wellness
- 7.3.3 Implement and monitor a personal health plan, including nutrition and diet, wellness and fitness components

Unit Resources

Primary Resources	Supplemental Resources
• Personal Fitness Plan	

Unit Vocabulary

5 Components of Fitness: Muscular Strength, Muscular Endurance, Cardiovascular, Flexibility, Body Composition; FITT Formula: Frequency, Intensity, Time, Type; Aerobic Vs. Anaerobic

UNIT 3

Nutrition 5 weeks

Unit Overview

Students will learn about the six essential nutrients and how to incorporate a healthy diet into their lifestyle.

Unit Competencies

- 7.1.7 Analyze data related to health and wellness to determine reliable and unreliable sources of nutrition, health and wellness information.
- 7.1.8 Identify legislation, regulations and public policies related to personal wellness (i.e. health care, food inspection, labeling laws, bringing eating at home, and requirements for insurance)
- 7.2.1 Analyze the impact of nutrients on health, appearance and peak performance.
- 7.2.3 Compare and contrast food deficiencies and toxicities on mental and physical health (e.g. dementia, potassium/water deficiency).
- 7.2.5 Apply dietary guidelines in meal planning/food decisions to meet nutritional needs across the life plan (e.g. special diets, age specific considerations, seasonal foods)
- 7.2.6 Analyze the relationship between knowing how to cook for prevention of diseases, and/or improvement of health conditions (i.e. obesity prevention, high blood pressure)
- 7.2.7 Demonstrate various cooking methods that increase nutritional value (i.e. broiling/steaming/baking vs frying, fresh vs frozen, food preservation to enhance healthier foods vs purchase premade foods with additives to increase shelf life)
- 7.2.8 Practice food innovation, food preparation and sanitation skills to modify foods for improvement of health value (i.e. lower sodium, lower fat content, lower kcals, increase the nutritional value of foods and/or other scenarios).

Unit Resources

Primary Resources	Supplemental Resources
• MyPlate	•

Unit Vocabulary

-6 Essential Nutrients: Carbohydrates, Protein, Fats/Oils, Vitamins, Minerals, and Water

-Deficiency/Toxicity

UNIT 4

Social, Emotional, and Mental Wellness — 2 weeks

Unit Overview

Students will learn about mental health conditions and the affect or social and emotional state can have on our health.

Unit Competencies

- 7.1.5 Analyze the effects of social and cultural views on body image.
- 7.2.2 Identify the effects of diet fads, food addictions, and eating disorders on wellness
- 7.4.1 Analyze mental health factors that influence social health.
- 7.4.4 Identify the warning signs of individuals at risk of mental health conditions
- 7.4.7 Identify coping strategies to manage life issues.

Unit Resources

Primary Resources	Supplemental Resources
• Mental Health Conditions- NAMI • Coping Strategies	•

Unit Vocabulary

Anorexia, Bulimia, Binge Eating Disorder, Mental Illness, Coping Strategies

UNIT 5

Health and Wellness Across the Lifespan 4 weeks

Unit Overview

Students will learn about diseases and illness that affect people across the lifespan if they do not live a healthy lifestyle. We will discuss prevention techniques and come up with a health plan for a specific client.

Unit Competencies

- 7.1.9 Summarize information about procuring and maintaining health care across the lifespan.
- 7.3.3 Implement and monitor a personal health plan, including nutrition and diet, wellness and fitness components
- 7.4.3 Identify agencies and resources to address issues and assist those with health conditions (i.e. mental health, social health, physical health, and emotional health).
- 7.4.6 Analyze influences on health decisions, including technology and the media (i.e. online medical websites, advertising, social media).
- 7.5.1 Demonstrate collaborative skills to address health and wellness concerns
- 7.5.2 Practice effective communication skills when sharing information about healthy living practices
- 7.5.3 Enhance development of process skills across all contexts (i.e. critical thinking, creativity, goal setting, problem solving, decision making, leadership, management, cooperation)
- 7.5.5 Apply thinking and practical problem solving strategies to promote prevention of health and wellness issues
- 7.5.6 Create and share nutrition, health and/or wellness information using multiple modes of technology to advocate for good nutrition, health and/or wellness decisions
- 7.5.7 Summarize education, training, certifications and responsibilities of individuals engaged in nutrition, prevention health and wellness related careers (e.g. advocates, prevention education, intervention resource conduit)
- 7.5.8 Analyze benefits of professional organizations to the nutrition, prevention health and wellness professional.

Unit Resources

Primary Resources	Supplemental Resources
• HealtheFoundations Program	•

Unit Vocabulary

Disease: ex.Stroke, Type 2 Diabetes, Prevention