

Kansas Human Services Cluster Family and Community Services Pathway

Course: Nutrition and Wellness

CIP Code: 19.0799 **Course #** 08057G0.5011

Rating Scale: 3 Skilled- Works Independently

2 Limited Skills- Requires Assistance

1 Skill Undeveloped

0 No exposure- No instruction or training

Directions: The following competencies are required for full approval of a course in a Human Services Cluster. Check the appropriate number to indicate the level of competency reached for learner evaluation.

Academic Foundations

Benchmark: 0.1 Apply reading and writing, math, and science skills in personal, professional, entrepreneurial and community situations. (CC K&S ESS01 & 09)	3	2	1	0
0.1.1 Use information to locate, comprehend, make inferences, and draw conclusions. (R1.4.2▲) (CC K&S ESS 01.02)				
0.1.2 Adjust original rational number estimate of a real-world problem based on additional information (a frame of reference). (MHS1.3.A1▲) (\$) (CC K&S ESS01.03)				
0.1.3 Generate and/or solve multi-step real-world problems with real numbers and mathematical concepts. (MHS1.4.A1a,b,d▲) (\$) (CC K&S ESS01.03)				
0.1.4 Research, apply, and evaluate information to accomplish tasks. (SC CD 2.1) (CCK&S ESS03.04)				
0.1.5 Apply fundamental knowledge of economics to enhance learner achievement. (EDC01.04.01) (CC K&S ESS09.11)				

Communications

Benchmark: 0.2 Demonstrate appropriate communication skills that contribute to positive relationships. (*13.3) (21 st) (CC K&S ESS02)	3	2	1	0
0.2.1 Use appropriate communication strategies for the most effective outcome. (*13.3.1) (CC K&S ESS02.07) (21 st) (SC P/SD 1.2) (S1.1.5)				
0.2.2 Demonstrate the use of verbal, listening, and writing skills to communicate clearly. (*13.3.2) (*13.3.3) (CC K&S ESS02.06) (21 st)				

Problem Solving, Dilemma Solving, and Critical Thinking

Benchmark: 0.3 Apply thinking and problem-solving processes to address personal, professional and community issues. (*1.2) (21 st) (SC AD 1.2) (CC K&S ESS03)	3	2	1	0
0.3.1 Identify common tasks that require employers to use problem-solving skills. (CC K&S ESS03.01.01)				
0.3.2 Use problem-solving and critical thinking skills to improve a situation or process. (CC K&S ESS03.01.02)				
0.3.3 Create ideas, proposals, and solutions to a problem. (CC K&S ESS03.01.04)				

Information Technology Applications

Benchmark: 0.4 Use technology to access, manage, integrate, and create information. (CC K&S ESS04)	3	2	1	0
0.4.1 Use information technology tools to manage and perform work (school) responsibilities. (*1.2.5) (CC K&S ESS04.02.01)				
0.4.2 Identify and use a variety of web-based tools for real world, global applications involving communication to collect and disseminate information. (CC K&S ESS04.04.01)				
0.4.3 Use technology to locate, analyze, manipulate, and interpret information in a knowledge economy. (CC K&S ESS04.04.03) (21 st) (S5 1.1▲)				

Safety, Health and Environmental

Benchmark: 0.5 Evaluate potential hazardous situations to defuse them and determine intervention strategies. (*5.5 & *13.4; **1.5) (CC K&S ESS06)	3	2	1	0
0.5.1 Manage the physical and social environment to reduce conflict and promote safety in settings (i.e. family, work, community, cyberspace). (*13.4.3) (21 st) (CC K&S ESS06.01) (SC P/SD 3.1)				

Cross-Walking Key: *National (2006)and **Kansas (2006) Family and Consumer Sciences Standards (\$) National Standards for Financial Literacy (▲) Assessed Indicator for Kansas Assessment Tests (R) Kansas Reading Curricular Standards; (MHS) Kansas Mathematics Curricular Standards—High School; (W) Kansas Writing Curricular Standards; (SC) Kansas School Counseling Standards; (H-G) Kansas History & Government; Economics & Geography Curricular Standards; (S) Kansas Science Curricular Standards;(CC K&S ESS) Career Cluster Essential Knowledge and Skills; (CC K&S HMC) Career Cluster Human Services Cluster; (CC K&S HMPA) Career Cluster Human Services Pathway—Early Childhood (www.careerclusters.org)

Learner:	Grade:	
Teacher:	School:	
Enrolled Date:	Completion Date:	Graduation Date:
Learner Signature _____		Teacher Signature _____

Leadership and Teamwork and Ethics and Legal Responsibilities

Benchmark: 0.6 Demonstrate leadership, citizenship, and teamwork skills required for success in the family, workplace, and community. (*13.5) (21 st) (CC K&S ESS07&08)		3	2	1	0
0.6.1	Demonstrate quality work and effective communication by acknowledging diversity and cultural differences. (21 st) (CC K&S HMC07.01.04)				
0.6.2	Determine the most appropriate response to workplace (school) situations based on legal and ethical considerations. (CC K&S HMC08.01)				

Career Development and Systems

Benchmark: 0.7 Analyze strategies to manage the multiple individual, family, career, and/or community roles and responsibilities. (*1.1) (CC K&S ESS09) (21 st)		3	2	1	0
0.7.1	Organize a career portfolio (electronic or physical) to document knowledge, skills, and experience in a career field. (CC K&S ESS09.04.02)				
0.7.2	Recognize that individual career path has an impact on the national and global community. (CC K&S ESS09.09.03)				

Technical Skills**COMPREHENSIVE STANDARD: 14.0 Demonstrate nutrition and wellness practices that enhance individual and family well-being. (*14.0 & **3.0) (FCCLA Student Body)**

Benchmark: 14.1 Analyze factors that influence nutrition and wellness practices across the life span. (*14.1) 10.B		3	2	1	0
14.1.1	Evaluate the relationship among physical, emotional, social and intellectual components of individual and family wellness. (*14.1.1) 7.B				
14.1.2	Analyze the effects of cultural, and social influences on food choices and other nutrition and wellness practices. (*14.1.2)				
14.1.3	Examine the effects of global and local events and conditions on food choices and practices. (*14.1.4) 3.B				
14.1.4	Identify legislation and regulations related to nutrition and wellness. (*14.1.5)				
14.1.5	Examine how physical activity relates to wellness. (*14.6.5)				

Benchmark: 14.2 Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span. (*14.2)		3	2	1	0
14.2.1	Defend the impact of nutrients on health, appearance, and peak performance. (*14.2.1)				
14.2.2	Analyze the relationship of nutrition and wellness to individual and family health throughout the life span. (*14.2.2)				
14.2.3	Evaluate the effects of diet fads, food addictions, and eating disorders on wellness. (*14.2.3)				
14.2.4	Recommend reliable sources of food and nutrition information, including foods labels that relate to health and wellness. (*14.2.4) 4.B				

Benchmark: 14.3 Evaluate various dietary guidelines in planning to meet nutrition and wellness needs. (*14.3)		3	2	1	0
14.3.1	Apply various dietary guidelines in planning to meet nutrition and wellness needs. (*14.3.1)				
14.3.2	Design strategies that meet the health and nutrition requirements of individuals and families with special needs. (*14.3.2)				
14.3.3	Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods. (*14.3.5) 6.D; 3.D				
14.3.4	Identify health and environmental benefits of eating a sustainable diet.				

Benchmark: 14.4 Evaluate the influence of science and technology on food composition, safety, and related issues. (*14.5)		3	2	1	0
14.4.1	Describe how scientific and technical advances influence the nutrient content, availability, and safety of foods. (*14.5.1)				
14.4.2	Assess how the scientific and technical advances in food processing, storage, product development, and distribution influence nutrition and wellness. (*14.5.2 & 14.5.4) (FCCLA STAR Event) 4.E & 4.D				
14.4.4	Analyze the environmental impact of using science and technology in food development, storage and distribution.				

Additional comments: _____

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