

Nutrition and Wellness

Exam Information	Description										
Exam number 2001 Items 55 Points 55 Prerequisites None Recommended course length One semester National Career Cluster Health Science Hospitality & Tourism Performance standards Included (Optional) Certificate available Yes	<p>The Nutrition and Wellness industry certification exam assesses foundational knowledge in nutrition and wellness relevant for life and academic enrichment. Learners demonstrate their understanding of basic food preparation to become self-sufficient in accessing healthy and nutritious foods. The exam covers major topics including nutrition principles and applications, influences on nutrition and wellness, food preparation, safety, and sanitation, and the science, technology, and careers in nutrition and wellness.</p>										
	Exam Blueprint <table> <tr> <th>Standard</th><th>Percentage of exam</th></tr> <tr> <td>1. Nutrition principles & applications</td><td>38%</td></tr> <tr> <td>2. Influences on nutrition & wellness</td><td>16%</td></tr> <tr> <td>3. Food preparation, safety, & handling</td><td>38%</td></tr> <tr> <td>4. Science, technology, & careers</td><td>8%</td></tr> </table>	Standard	Percentage of exam	1. Nutrition principles & applications	38%	2. Influences on nutrition & wellness	16%	3. Food preparation, safety, & handling	38%	4. Science, technology, & careers	8%
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Standard 1

Students will apply nutrition principles to health and wellness choices across the life span.

- Objective 1** Analyze food and nutrition information, including USDA Dietary guidelines and MyPlate to meet nutrition and wellness goals across the lifespan.
- Objective 2** Demonstrate proper portion sizes from each of the food groups to meet nutrition and wellness needs of individuals across the lifespan.
- Objective 3** Describe the six classes/groups of nutrients, explain their functions to meet health and nutrition requirements of individuals and families, and classify food sources.
- Objective 4** Compare food label information to make health and wellness choices.
- Objective 5** Analyze and assess wellness goals across the lifespan, particularly for teenagers (e.g., food fads and fallacies, extreme procedures for weight management, sports supplements, and nutritional supplements).

Standard 1 Performance Evaluation included below (Optional)

Standard 2

Students will analyze factors that influence nutrition and wellness practices.

- Objective 1** Assess physical, emotional, social, intellectual, cultural, and ethnic components of individual and family wellness.
- Objective 2** Explain how geographical location and climate location affects food selection and availability.
- Objective 3** Examine how economic factors affect food selection and availability.
- Objective 4** Identify legislation and regulations related to food, nutrition, and wellness issues.
- Objective 5** Evaluate the nutritive value and costs of snacks, fast foods, and balanced meals.

Standard 2 Performance Evaluation included below (Optional)

Standard 3

Students will demonstrate abilities to prepare and serve safe, nutritious foods.

- Objective 1** Define and explain food-borne illness and demonstrate how to prevent them by applying the concepts of “clean, separate, cook, and chill”.
- Objective 2** Demonstrate basic abilities to safely use and maintain equipment within a kitchen setting, including large and small appliances, small kitchen tools, measuring tools, and knives.
- Objective 3** Demonstrate abilities to prepare nutritious foods using a variety of basic methods and techniques.
- Objective 4** Apply basic principles of resource management when planning, preparing, and serving nutritious food, including food costs and availability, work plans and timetables, efficient work methods, and collaboration with others.
- Objective 5** Demonstrate abilities to increase and decrease recipe measurements based on desired yield.

Standard 3 Performance Evaluation included below (Optional)

Standard 4

Students will analyze impacts of science, technology, and careers on nutrition and wellness.

- Objective 1** Discuss current technology and techniques used to develop, produce, process, and store foods and their impacts on food safety, nutrition, and wellness (e.g., organic, holistic, genetics, hormones).
- Objective 2** Explore technological tools and advancements used to track nutrition and wellness goals and progress.
- Objective 3** Examine developments and trends in food marketing, and their impacts on family and consumer choices.
- Objective 4** Discuss trends, employment opportunities, and preparation requirements for careers related to nutrition, food, and wellness.

Standard 4 Performance Evaluation included below (Optional)

Nutrition and Wellness

Performance assessments may be completed and evaluated at any time during the course. The following performance skills are to be used in connection with the associated standards and exam. To pass the performance standard the student must attain a performance standard average of 8 or higher on the rating scale. Students may be encouraged to repeat the objectives until they average 8 or higher.

Student's Name: _____

Class: _____

Performance standards rating scale

0	Limited skills	2	→	4	Moderate skills	6	→	8	High skills	10
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Standard 1 – Nutrition Principles and Applications

Score:

- Demonstrate effective communication when speaking with young adults about healthy eating habits.
 - Identify appropriate vocabulary to use across the lifespan.
- Identify the interrelationships among thinking, communication, leadership, and management processes to address family, community, and workplace issues

Standard 2 – Influences on Nutrition and Wellness

Score:

- Identify a current issue within legislation or regulations related to food and nutrition and wellness.
- Demonstrate how to effectively use problem solving skills to analyze available food in a specific geographic location to fit within a specific diet and budget.

Standard 3 – Food Preparation, Safety, and Handling

Score:

- Perform basic mathematical skills used to modify a kitchen recipe based on the number of servings or a specific diet.
- Demonstrate the concepts of “clean, separate, cook, and chill”.

Standard 4 – Science, Technology, and Careers

Score:

- Demonstrate fundamentals to career success (e.g. strong work ethic, goal setting, time-management, positive attitude, adaptability/flexibility, stress resilience, accountability, self-discipline, resourcefulness, cooperation, self-assessment).

Performance standard average score:

Evaluator Name: _____

Evaluator Title: _____

Evaluator Signature: _____

Date: _____