

Content Modules Used in This Guide

Content Module	Practical Problem Addressed	Summary of Module Topics Addressed
A. Determine Influences on Personal Food Choices	How do I select foods that satisfy my personal needs?	<ol style="list-style-type: none"> 1. Examine cultural influences (ethnic, religious). 2. Explore family and social influences. 3. Examine psychological influences. 4. Investigate environmental influences (economic, political, geographic, global, media). 5. Research technological influences.
B. Comprehend Nutrition Principles	How do I determine my nutrition needs based on my lifestyle?	<ol style="list-style-type: none"> 1. Describe the effects of nutrients on health, growth, appearance and performance. 2. Identify nutrient sources. 3. Use various nutrition guidelines (e.g., Food Guide Pyramid, Dietary Guidelines). 4. Compare and contrast nutrient/caloric composition of foods
C. Assess Nutrition and Wellness Practices	How do I combine nutrition knowledge with an active lifestyle?	<ol style="list-style-type: none"> 1. Propose eating patterns that promote health. 2. Examine special nutritional needs (e.g., sports, nutrition, modified diets, food supplements). 3. Examine changes in food and nutrient needs across the lifespan. 4. Describe nutrition-related health risks. 5. Assess the effects of eating disorders, and food and diet fads on wellness. 6. Assess the role of physical activity on wellness.
D. Manage Resources to Promote Good Health	How do I manage all of my resources to improve and maintain good health?	<ol style="list-style-type: none"> 1. Demonstrate the ability to plan and prepare healthful meals and snacks using available resources (e.g., time, money, personal energy, skills). 2. Identify safety and sanitation practices. 3. Compare ways to select, store, prepare, and serve food for optimum nutrition. 4. Identify programs that provide food assistance, nutrition and wellness services (community/government agencies, health organizations, community parks and recreation). 5. Discriminate between sources of reliable and unreliable food/nutrition information, products and services. 6. Utilize FCCLA programs to promote nutrition and wellness.
E. Investigate Key Careers in Nutrition and Wellness	How do I identify careers related to nutrition and wellness?	<ol style="list-style-type: none"> 1. Identify career clusters and careers related to nutrition and wellness. 2. Research jobs and careers related to nutrition and wellness. 3. Examine ethical issues and work-related responsibilities.