

HUMAN LIFE CYCLE NUTRITION

Abbreviated Course Title: HULICY NUT

Course Code: 077702

Recommended Level: Grades 10-12

Programs of Study this Course Applies: Health Sciences

Clearing Endorsement: *Endorsement level must be in accord with student grade level:*

Endorsement Name:	Endorsement Number:
FAMILY and CONSUMER SCIENCE	0903
HEALTH SCIENCES	0700
BIOLOGY	1303
SCIENCE	1301
HEALTH & PHYS EDUC	2304

Crosswalk: Family and Consumer Sciences
Dietetics 090115

Course Description:

This course is designed to give students an understanding of human nutrition and how it plays a role in every human life cycle. Students will apply nutritional concepts to specific lifestyle requirements across the lifespan. Students will evaluate nutrition and wellness practices and suggest improvement plans based on current USDA recommendations and socioeconomic impacts on eating. In this course, students will assess career options and employment skills required to be in the food and nutrition industry. Classroom and laboratory activities are supplemented through experiences and leadership programs and activities through Nebraska HOSA|Future Health Professionals and Nebraska FCCLA Career Student Organizations (CTSO's).

Human Life Cycle Nutrition

HS.HS.1	
Understand the foundation of human life cycle nutrition in American society and analyze its impact on current health and wellness trends.	
<i>HS.HS.1.a</i>	Research then identify past and current human life cycle nutrition health issues and how they impacted and/or impact current society.

HS.HS.2	
Analyze and explain the human life cycle stages and the nutritional impact on each.	
<i>HS.HS.2.a</i>	Preconception Nutrition Find resources that prepare women for pregnancy through an understanding of dietary considerations and adequate nutrient intake.
<i>HS.HS.2.b</i>	Nutrition During Pregnancy Research guidelines and resources for considering the nutrient needs of pregnant women.
<i>HS.HS.2.c</i>	Nutrition During Lactation Research guidelines and resources for understanding the nutrition recommendations for women who are lactating.
<i>HS.HS.2.d</i>	Infant Nutrition (0 months to 12 months). Research then identify information and programs for feeding infants, including breastfeeding, formula guides and factors impacting healthy growth.
<i>HS.HS.2.e</i>	Toddlers Nutrition (1 to 3 years old). Research guidelines and resources for understanding the nutrition recommendations for toddlers.
<i>HS.HS.2.f</i>	Preschool Nutrition (3 to 5 years old). Research guidelines and resources for understanding the nutrition recommendations for preschool aged children.
<i>HS.HS.2.g</i>	Child Nutrition (5 to 12 years old). Research guidelines and resources for understanding the nutrition recommendations for child nutrition.
<i>HS.HS.2.h</i>	Teen Nutrition (12 to 18 years old). Research guidelines and resources for understanding the nutrition recommendations for teen nutrition.
<i>HS.HS.2.i</i>	Adult Male Nutrition Research guidelines and resources for understanding the nutrition recommendations for adult male nutrition.
<i>HS.HS.2.j</i>	Adult Female Nutrition Research guidelines and resources for understanding the nutrition recommendations for adult female nutrition.
<i>HS.HS.2.k</i>	Senior and Aging Adult Nutrition Research guidelines and resources for understanding the nutrition recommendations for senior and aging adult nutrition.

HS.HS.3	
Analyze criteria that customers use in the nutritional decision making process.	
<i>HS.HS.3.a</i>	Recognize that products or services are created to meet a specific customer need.

HS.HS.4	
Explain current USDA dietary recommendations.	
<i>HS.HS.4.a</i>	Summarize current USDA recommendations for macronutrients and key micronutrients across the lifespan.

HS.HS.5	
Summarize sports nutrition and wellness practices of athletes.	
<i>HS.HS.5.a</i>	Evaluate food intake of athletes.
<i>HS.HS.5.b</i>	Create menu plans for athletes according to activity level.
<i>HS.HS.5.c</i>	Explain the value of hydration for athletes.
<i>HS.HS.5.d</i>	Prepare a pre and post workout plan to maximize performance.

HS.HS.6	
Compare and contrast personal eating habits to current USDA recommendations for a healthy diet.	
<i>HS.HS.6.a</i>	Record and analyze foods eaten over a period of time.
<i>HS.HS.6.b</i>	Describe how food intake affects short term and long term health.

HS.HS.7	
Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness.	
<i>HS.HS.7.a</i>	Identify risk factors, signs and symptoms and treatment of eating disorders.

HS.HS.8	
Evaluate nutrition supplements.	
<i>HS.HS.8.a</i>	Identify commonly used supplements and their purpose.
<i>HS.HS.8.b</i>	Assess health claims of nutrition supplements.
<i>HS.HS.8.c</i>	Explain FDA regulations regarding supplements.
<i>HS.HS.8.d</i>	Describe phytonutrients.
<i>HS.HS.8.e</i>	Contrast health benefits between supplements and whole foods.
<i>HS.HS.8.f</i>	Illustrate the process for implementing supplements into a diet.

HS.HS.9	
Examine the relationship between convenience and nutrition.	
<i>HS.HS.9.a</i>	Illustrate decision making processes used in making healthy choices while eating out.
<i>HS.HS.9.b</i>	Defend nutritional choices that balance convenience and nutrition.

HS.HS.10	
Assess career options and employment skills required in the food and nutrition industry.	
<i>HS.HS.10.a</i>	Analyze various career opportunities including roles, responsibilities, training and educational requirements, and salaries.

HS.HS.11	
Explain the effect of socioeconomic factors on food consumption and malnutrition.	
<i>HS.HS.11.a</i>	Examine how the rising cost of food influences all groups.

HS.HS.12	
Analyze influences on food choices.	
<i>HS.HS.12.a</i>	Explain physical, emotional, social, psychological, and spiritual influences on individuals' food choices.
<i>HS.HS.12.b</i>	Compare and contrast specific dietary practices (vegan, vegetarian, etc.).

HS.HS.13	
Analyze legislation and regulations related to nutrition and wellness.	
<i>HS.HS.13.a</i>	Summarize the effects of the political process on nutrition related legislation.
<i>HS.HS.13.b</i>	Describe the dual purpose of the school lunch program.
<i>HS.HS.13.c</i>	Examine the role of government nutrition programs available for individuals and families.

HS.HS.14	
Analyze the effects of global and local events and conditions on food choices and practices.	
<i>HS.HS.14.a</i>	Investigate current health concerns which affect the global consumption and selection of foods.

HS.HS.15	
Construct a relationship between information and consumer practice.	
<i>HS.HS.15.a</i>	Understand the methods and importance of communicating accurate information to consumers about nutrition, food safety, and food products.
<i>HS.HS.15.b</i>	Explain the use of technical reports in preparing and disseminating information.