

State: TX  
State Course Title: Lifetime Nutrition and Wellness  
State Course Code: 130.274  
State Standards: Human Services  
Date of Standards: 2015

TEKS	Unit Name(s)	Lesson(s) Numbers
(1) The student demonstrates professional standards / employability skills as required by business and industry.		
(A) apply interpersonal communication skills in business and industry settings;	Unit 7: Social and Emotional Health	Lesson 2
(B) explain and recognize the value of collaboration within the workplace;	Unit 4: Outside Influences	Activity 2
(C) examine the importance of time management to succeed in the workforce;	Unit 3: You Are What You Eat: Healthy Meal Planning	Lesson 2
(D) identify work ethics and professionalism in a job setting; and	Unit 8: Global Health and Wellness	Lesson 2
(E) develop problem-solving and critical-thinking skills.	Unit 3: You Are What You Eat - Healthy meal Planning	Lesson 4
(2) The student understands the role of nutrients in the body.		
(A) classify nutrients and their functions and food sources and compare the nutritive value of various foods;	Unit 1: Health, Nutrition, and wellness	Lessons 1-5
(B) assess the effects of nutritional intake on health, appearance, effective job performance, and personal life;	Unit 1: Health, Nutrition, and wellness	Lesson 4
(C) analyze and apply various dietary guidelines throughout the life cycle, including pregnancy, infancy, childhood, and late adulthood; and	Unit 1: Health, Nutrition, and wellness	Lesson 5
(D) compare personal food intake to recommended dietary guidelines.	Unit 1: Health, Nutrition, and wellness	Activity 3
(3) The student understands the principles of digestion and metabolism.		
(A) describe the processes of digestion and metabolism;	Unit 6: Health and Wellness Challenges	Lessons 1, 2
(B) calculate and explain basal and activity metabolisms and factors that affect each;	Unit 6: Health and Wellness Challenges	Lesson 2

(C) apply knowledge of digestion and metabolism when making decisions related to food intake and physical fitness;	Unit 3: You Are What You Eat - Healthy meal Planning	Lesson 2
(D) locate community resources that promote physical activity and fitness; and	Unit 2: Managing Your Food Nutrition, and Health	Activity 3
(E) explain the relationship of activity levels and caloric intake to health and wellness, including weight management.	Unit 1: Health, Nutrition, and wellness	Activity 3
<b>(4) The student demonstrates knowledge of nutritionally balanced diets.</b>		
(A) research the long-term effects of food choices;	Unit 1: Health, Nutrition, and wellness	Lesson 5
(B) outline strategies for prevention, treatment, and management of diet-related diseases such as diabetes, hypertension, childhood obesity, anorexia, and bulimia;	Unit 6: Health and Wellness Challenges	Lessons 1, 2
(C) determine the effects of food allergies and intolerances on individual and family health;	Unit 3: You Are What You Eat - Healthy meal Planning	Lesson 2
(D) plan diets based on life cycle, activity level, nutritional needs, portion control, and food budget;	Unit 3: You Are What You Eat - Healthy meal Planning	Lesson 2
(E) develop examples of therapeutic diets;	Unit 1: Health, Nutrition and Wellness	Lessons 1-5
(F) analyze advertising claims and fad diets with the recommendations of the Recommended Dietary Allowances;	Unit 4: Outside Influences	Lesson 4
(G) analyze current lifestyle habits that may increase health risks;	Unit 1: Health, Nutrition, and wellness	Lessons 1-5
(H) identify community programs that provide nutrition and wellness services;	Unit 2: Managing Your Food, Nutrition and Health	Activity 3
(I) examine the nutritional value of fast foods and convenience foods;	Unit 1: Health, Nutrition, and wellness	Lesson 5
(J) read and interpret food labels;	Unit 2: Managing Your Food Nutrition, and Health	Lesson 1
(K) examine and explain nutritional serving sizes;	Unit 2: Managing Your Food Nutrition, and Health	Lesson 1
(L) compare organic and green food choices; and	Unit 2: Managing Your Food, Nutrition and Health	Discussion 2
(M) determine sustainable food choices and their impact on society.	Unit 2: Managing Your Food, Nutrition and Health	Discussion 2
<b>(5) The student understands safety and sanitation.</b>		
(A) demonstrate safe and sanitary practices in the use, care, and storage of food and equipment;	Unit 5: Considering Food Safety	Lessons 3, 4

(B) explain types and prevention of food-borne illnesses; and	Unit 5: Considering Food Safety	Lessons 1-3
(C) practice appropriate dress and personal hygiene in food preparation.	Unit 5: Considering Food Safety	Lessons 3, 4
<b>(6) The student demonstrates knowledge of food-management principles.</b>		
(A) read and comprehend standard recipes;	Unit 3: You Are What You Eat - Healthy meal Planning	Lessons 1, 3
(B) correctly use standard measuring techniques and equipment;	Unit 3: You Are What You Eat - Healthy meal Planning	Lesson 3
(C) demonstrate correct food-preparation techniques, including nutrient retention;	Unit 1: Health, Nutrition, and wellness	Lesson 4
(D) use food-buying strategies such as calculating food costs, planning food budgets, and creating grocery lists;	Unit 3: You Are What You Eat - Healthy Meal Planning	Lesson 4
(E) demonstrate food-preparation techniques to reduce overall fat and calories;	Unit 1: Health, Nutrition, and wellness	Lesson 4
(F) practice etiquette, food presentation, and table service appropriate for specific situations; and	Unit 4	Lesson 3
(G) apply food-storage principles.	Unit 5: Considering Food Safety	Lessons 3, 4
<b>(7) The student demonstrates effective work habits.</b>		
(A) participate as an effective team member by demonstrating cooperation and responsibility;	Unit 8: Global Health and Wellness	Lesson 2
(B) apply effective practices for managing time and energy to complete tasks on time;	Unit 3: You Are What You Eat: Healthy Meal Planning	Lesson 2
(C) practice problem solving using leadership and teamwork skills; and	Unit 4: Outside Influences	Activity 2
(D) use presentation skills to communicate and apply knowledge about careers in consumer services.	Unit 8: Global Health and Wellness	Lesson 2
<b>(8) The student investigates careers in nutrition.</b>		
(A) compare and contrast education or training needed for careers in nutrition;	Unit 8: Global Health and Wellness	Lesson 2
(B) establish personal short- and long-term career goals;	Unit 8: Global Health and Wellness	Lesson 2
(C) analyze entrepreneurial opportunities in nutrition; and	Unit 8: Global Health and Wellness	Lesson 2

(D) apply a problem-solving approach to a business challenge or opportunity to improve sustainability efforts while maintaining or increasing profits and/or organizational health.	Unit 4: Outside Influences	Activity 2
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