

Correlation of National Standards for Nutrition and Wellness with Guide to Good Food

The National Association of State Administrators of Family and Consumer Sciences (NASAFACS) established national standards for Nutrition and Wellness in partnership with the American Association of Family and Consumer Sciences. These standards provide the framework for national, state, and local family and consumer sciences education programs.

The following chart correlates these NASAFACS Standards with the content of the *Guide to Good Food* text. For each content standard, the chart lists explanatory competencies and the major text concepts that address each competency. Bold numbers indicate chapters in which the concepts appear.

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Content Standard 14.1	
Analyze factors that influence nutrition and wellness practices across the life span.	
Competencies	Text Concepts
14.1.1 Explain physical, emotional, social, psychological, and spiritual components of individual and family wellness.	1: Physical Influences on Food Choices, Social Influences on Food Choices, Psychological Influences on Food Choices 9: Energy Needs, Physical Activity and Physical Fitness, Nutrition for Athletes, Weight Management, Eating Disorders 10: Pregnancy and Lactation, Infancy and Early Childhood, The Elementary School Years, The Teen Years, Adulthood, The Later Years
14.1.2 Analyze the effects of psychological, cultural, and social influences on food choices and other nutrition practices.	1: Making Choices About Foods, Social Influences on Food Choices, Psychological Influences on Food Choices 6: The Nutrients, Carbohydrates, Fats, Proteins, Digestion and Absorption, Metabolism 7: Vitamins, Minerals, Water, Dietary Supplements 8: Benefits of Healthy Choices, Resources for Making Healthy Food Choices, Choosing Wisely When Shopping for Food, Choosing Wisely When Preparing Food, Choosing Wisely When Eating Out
14.1.3 Analyze the governmental, economic, and technological influences on food choices and practices.	1: The History of Food, Factors That Affect the Food Supply 6: The Nutrients, Carbohydrates, Fats, Proteins, Digestion and Absorption, Metabolism 7: Vitamins, Minerals, Water, Dietary Supplements 8: Benefits of Healthy Choices, Resources for Making Healthy Food Choices, Choosing Wisely When Shopping for Food 10: Food Assistance Programs 13: Provide Good Nutrition, Use Planned Spending, Control the Use of Time and Energy 14: Choosing Where to Shop, Deciding What to Buy, Using Food Labeling, Help with Consumer Problems 16: Selecting and Storing Cereal Products 17: Selecting and Storing Baked Products 18: Choosing Fresh Vegetables; Choosing Canned, Frozen, and Dried Vegetables 19: Choosing Fresh Fruit; Choosing Canned, Frozen, and Dried Fruit 20: Selecting Dairy Products, Storing Dairy Products 21: Selecting and Storing Eggs 22: What Is Meat?, Selecting Meat 23: Selecting Poultry 24: Choosing Fish and Shellfish 28: Commercial Food Preservation

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Competencies	Text Concepts
14.1.4 Analyze the effects of global and local events and conditions on food choices and practices.	1: The History of Food, Making Choices About Foods, Social Influences on Food Choices, Factors That Affect the Food Supply 8: Benefits of Healthy Choices, Resources for Making Healthy Food Choices, Choosing Wisely When Shopping for Food, Choosing Wisely When Preparing Food, Choosing Wisely When Eating Out 10: Food Assistance Programs 29: New England, Mid-Atlantic, South, Midwest, West and Southwest, Pacific Coast, Hawaiian Islands, Canada 30: Mexico, South America 31: British Isles, France, Germany, Scandinavia 32: Spain, Italy, Greece 33: Middle East, Israel, Africa 34: Russia, India, China, Japan
14.1.5 Analyze legislation and regulations related to nutrition and wellness.	1: The History of Food, Factors That Affect the Food Supply 8: Resources for Making Healthy Food Choices, Choosing Wisely When Shopping for Food 10: Food Assistance Programs 14: Using Food Labeling, Help with Consumer Problems
Content Standard 14.2 Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span.	
Competencies	Text Concepts
14.2.1 Analyze the effect of nutrients on health, appearance, and peak performance.	1: Physical Influences on Food Choices 6: The Nutrients, Carbohydrates, Fats, Proteins, Digestion and Absorption, Metabolism 7: Vitamins, Minerals, Water, Dietary Supplements 8: Benefits of Healthy Choices, Resources for Making Healthy Food Choices, Choosing Wisely When Shopping for Food, Choosing Wisely When Preparing Food, Choosing Wisely When Eating Out 9: Energy Needs, Physical Activity and Physical Fitness, Nutrition for Athletes, Weight Management, Eating Disorders 10: Pregnancy and Lactation, Infancy and Early Childhood, The Elementary School Years, The Teen Years, Adulthood, The Later Years, Special Diets 13: Provide Good Nutrition
14.2.2 Analyze the relationship of nutrition and wellness to individual and family health throughout the life span.	1: Physical Influences on Food Choices 6: The Nutrients, Carbohydrates, Fats, Proteins, Digestion and Absorption, Metabolism 7: Vitamins, Minerals, Water, Dietary Supplements 8: Benefits of Healthy Choices, Resources for Making Healthy Food Choices 9: Energy Needs, Physical Activity and Physical Fitness, Nutrition for Athletes, Weight Management, Eating Disorders 10: Pregnancy and Lactation, Infancy and Early Childhood, The Elementary School Years, The Teen Years, Adulthood, The Later Years, Special Diets 13: Provide Good Nutrition
14.2.3 Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness.	1: Social Influences on Food Choices, Psychological Influences on Food Choices 9: Nutrition for Athletes, Weight Management, Eating Disorders

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Competencies	Text Concepts
14.2.4 Analyze sources of food and nutrition information, including food labels, related to health and wellness.	1: Social Influences on Food Choices 8: Resources for Making Healthy Food Choices, Choosing Wisely When Shopping for Food, Choosing Wisely When Eating Out 14: Using Food Labeling
Content Standard 14.3 Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.	
Competencies	Text Concepts
14.3.1 Apply various dietary guidelines in planning to meet nutrition and wellness needs.	8: Resources for Making Healthy Food Choices, Choosing Wisely When Shopping for Food, Choosing Wisely When Preparing Food, Choosing Wisely When Eating Out 9: Energy Needs, Physical Activity and Physical Fitness, Nutrition for Athletes, Weight Management, Eating Disorders 10: Pregnancy and Lactation, Infancy and Early Childhood, The Elementary School Years, The Teen Years, Adulthood, The Later Years, Special Diets, Food Assistance Programs
14.3.2 Design strategies that meet the health and nutrition requirements of individuals and families with special needs.	9: Energy Needs, Physical Activity and Physical Fitness, Nutrition for Athletes, Weight Management, Eating Disorders 10: Pregnancy and Lactation, Infancy and Early Childhood, The Elementary School Years, The Teen Years, Adulthood, The Later Years, Special Diets, Food Assistance Programs
14.3.3 Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.	1: Making Choices About Foods 4: Using Recipes 5: Preparing Simple Recipes 8: Benefits of Healthy Choices, Resources for Making Healthy Food Choices, Choosing Wisely When Shopping for Food, Choosing Wisely When Preparing Food, Choosing Wisely When Eating Out 13: Provide Good Nutrition, Prepare Satisfying Meals 14: Deciding What to Buy, Using Food Labeling, Help with Consumer Problems 15: Cooking Methods 16: Selecting and Storing Cereal Products, Cooking Starches, Cooking Cereal Products 17: Selecting and Storing Baked Products, Quick Breads, Yeast Breads 18: Choosing Fresh Vegetables; Choosing Canned, Frozen, and Dried Vegetables; Preparing Vegetables 19: Choosing Fresh Fruit; Choosing Canned, Frozen, and Dried Fruit; Preparing Fruits 20: Selecting Dairy Products, Storing Dairy Products, Preparing Dairy-Based Foods 21: Selecting and Storing Eggs, Eggs as Ingredients, Methods of Cooking Eggs 22: What Is Meat?, Selecting Meat, Food Science Principles of Cooking Meat, Methods of Cooking Meat 23: Selecting Poultry, Storing Poultry, Preparing Poultry 24: Choosing Fish and Shellfish, Preparing Finfish, Preparing Shellfish 25: Herbs and Spices, Salads, Casseroles, Soups 26: Cakes, Cookies, Pies, Candies 27: Planning for Entertaining, Outdoor Entertaining 29: New England, Mid-Atlantic, South, Midwest, West and Southwest, Pacific Coast, Hawaiian Islands, Canada 30: Mexico, South America 31: British Isles, France, Germany, Scandinavia 32: Spain, Italy, Greece 33: Middle East, Israel, Africa 34: Russia, India, China, Japan

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Competencies	Text Concepts
Content Standard 14.4 Evaluate factors that affect food safety from production through consumption.	
Competencies	Text Concepts
14.4.1 Analyze conditions and practices that promote safe food handling.	1: Factors That Affect the Food Supply 2: Foodborne Illnesses, Four Steps to Food Safety, Safety in the Kitchen 12: Service and Safety 16: Selecting and Storing Cereal Products 17: Selecting and Storing Baked Products 18: Choosing Fresh Vegetables; Choosing Canned, Frozen, and Dried Vegetables 19: Choosing Fresh Fruit; Choosing Canned, Frozen, and Dried Fruit 20: Selecting Dairy Products, Storing Dairy Products 21: Selecting and Storing Eggs 22: Selecting Meat 23: Storing Poultry 24: Choosing Fish and Shellfish 27: Outdoor Entertaining 28: Food Spoilage, Canning Foods, Freezing Foods, Drying Foods, Commercial Food Preservation
14.4.2 Analyze safety and sanitation practices throughout the food chain.	1: Factors That Affect the Food Supply 2: Foodborne Illnesses, Four Steps to Food Safety, Safety in the Kitchen 8: Resources for Making Healthy Food Choices 12: Service and Safety 16: Selecting and Storing Cereal Products 17: Selecting and Storing Baked Products 18: Choosing Fresh Vegetables; Choosing Canned, Frozen, and Dried Vegetables 19: Choosing Fresh Fruit; Choosing Canned, Frozen, and Dried Fruit 20: Selecting Dairy Products, Storing Dairy Products 21: Selecting and Storing Eggs 22: Selecting Meat 23: Storing Poultry 24: Choosing Fish and Shellfish 27: Outdoor Entertaining 28: Food Spoilage, Canning Foods, Freezing Foods, Drying Foods, Commercial Food Preservation
14.4.3 Analyze how changes in national and international food production and distribution systems influence the food supply.	1: Factors That Affect the Food Supply 10: Food Assistance Programs 28: Food Spoilage, Commercial Food Preservation 29: New England, Mid-Atlantic, South, Midwest, West and Southwest, Pacific Coast, Hawaiian Islands, Canada 30: Mexico, South America 31: British Isles, France, Germany, Scandinavia 32: Spain, Italy, Greece 33: Middle East, Israel, Africa 34: Russia, India, China, Japan

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Competencies	Text Concepts
<p>14.4.4 Analyze federal, state, and local inspection and labeling systems that protect the health of individuals and the public.</p>	<p>1: Factors That Affect the Food Supply 2: Four Steps to Food Safety, Safety in the Kitchen 8: Choosing Wisely When Shopping for Food 12: Service and Safety 14: Using Food Labeling, Help with Consumer Problems 22: Selecting Meat 23: Selecting Poultry 24: Choosing Fish and Shellfish 28: Food Spoilage, Commercial Food Preservation</p>
<p>14.4.5 Analyze food-borne illness factors, including causes, foods at risk, and methods of prevention commercially and by individuals and families.</p>	<p>1: Factors That Affect the Food Supply 2: Foodborne Illnesses, Four Steps to Food Safety 8: Resources for Making Healthy Food Choices 18: Choosing Fresh Vegetables; Choosing Canned, Frozen, and Dried Vegetables 19: Choosing Fresh Fruit; Choosing Canned, Frozen, and Dried Fruit 20: Selecting Dairy Products, Storing Dairy Products 21: Selecting and Storing Eggs 22: Selecting Meat 23: Selecting Poultry, Storing Poultry 24: Choosing Fish and Shellfish 27: Planning for Entertaining, Outdoor Entertaining 28: Food Spoilage, Commercial Food Preservation</p>
<p>14.4.6 Analyze public dialogue about food safety and sanitation.</p>	<p>1: Factors That Affect the Food Supply 2: Foodborne Illnesses, Four Steps to Food Safety, Safety in the Kitchen</p>
<p>Content Standard 14.5 Evaluate the influence of science and technology on food composition, safety, and other issues.</p>	
Competencies	Text Concepts
<p>14.5.1 Analyze how scientific and technical advances influence the nutrient content, availability, and safety of foods.</p>	<p>1: Factors That Affect the Food Supply 2: Four Steps to Food Safety 8: Choosing Wisely When Shopping for Food 14: Deciding What to Buy 28: Food Spoilage, Commercial Food Preservation</p>
<p>14.5.2 Analyze how the scientific and technical advances in food processing, storage, product development, and distribution influence nutrition and wellness.</p>	<p>1: The History of Food, Making Choices About Foods, Physical Influences on Food Choices, Factors That Affect the Food Supply 8: Choosing Wisely When Shopping for Food 14: Deciding What to Buy 28: Food Spoilage, Commercial Food Preservation</p>

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Competencies	Text Concepts
<p>14.5.3 Analyze the effects of technological advances on selection, preparation, and home storage of food.</p>	<p>1: Factors That Affect the Food Supply 5: Preparing Simple Recipes 8: Benefits of Healthy Choices, Resources for Making Healthy Food Choices, Choosing Wisely When Shopping for Food, Choosing Wisely When Preparing Food 12: Major Kitchen Appliances 13: Provide Good Nutrition 14: Deciding What to Buy, Using Food Labeling 15: Cooking Methods 16: Selecting and Storing Cereal Products, Cooking Starches, Cooking Cereal Products 17: Selecting and Storing Baked Products, Quick Breads, Yeast Breads 18: Choosing Fresh Vegetables; Choosing Canned, Frozen, and Dried Vegetables; Preparing Vegetables 19: Choosing Fresh Fruit; Choosing Canned, Frozen, and Dried Fruit; Preparing Fruits 20: Selecting Dairy Products, Storing Dairy Products, Preparing Dairy-Based Products 21: Selecting and Storing Eggs, Eggs as Ingredients, Methods of Cooking Eggs 22: Selecting Meat, Food Science Principles of Cooking Meat, Methods of Cooking Meat 23: Selecting Poultry, Storing Poultry, Preparing Poultry 24: Choosing Fish and Shellfish, Preparing Finfish, Preparing Shellfish 25: Herbs and Spices, Salads, Casseroles, Soups 26: Cakes, Cookies, Pies, Candies 28: Food Spoilage, Canning Foods, Making Jellied Products, Freezing Foods, Drying Foods, Commercial Food Preservation</p>
<p>14.5.4 Analyze the effects of food science and technology on meeting nutritional needs.</p>	<p>1: Factors That Affect the Food Supply 8: Resources for Making Healthy Food Choices, Choosing Wisely When Shopping for Food, Choosing Wisely When Preparing Food 9: Energy Needs, Weight Management 10: Pregnancy and Lactation, Infancy and Early Childhood, The Elementary School Years, The Teen Years, Adulthood, The Later Years, Special Diets, Food Assistance Programs 13: Prepare Satisfying Meals, Control the Use of Time and Energy 14: Choosing Where to Shop, Deciding What to Buy, Using Food Labeling, Help with Consumer Problems 15: Cooking Methods 16: Cooking Starches, Cooking Cereal Products 18: Preparing Vegetables 19: Preparing Fruits 20: Preparing Dairy-Based Foods 21: Methods of Cooking Eggs 22: Food Science Principles of Cooking Meat, Methods of Cooking Meat 23: Selecting Poultry, Storing Poultry, Preparing Poultry 24: Preparing Finfish, Preparing Shellfish 28: Food Spoilage, Canning Foods, Making Jellied Products, Freezing Foods, Drying Foods, Commercial Food Preservation</p>