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.

<table>
<thead>
<tr>
<th>Content Standard 14.1</th>
<th>Analyze factors that influence nutrition and wellness practices across the life span.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Competencies</td>
<td>Text Concepts</td>
</tr>
</tbody>
</table>
### 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

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### 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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<tr>
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| **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.

<table>
<thead>
<tr>
<th>Competencies</th>
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</table>
| **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  
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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<tbody>
<tr>
<td><strong>Content Standard 14.4</strong></td>
<td>Evaluate factors that affect food safety from production through consumption.</td>
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<thead>
<tr>
<th>Competencies</th>
<th>Text Concepts</th>
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</table>
| **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 |

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</table>
| **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 |

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<thead>
<tr>
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</table>
| **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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</table>
| **14.4.4 Analyze federal, state, and local inspection and labeling systems that protect the health of individuals and the public.** | 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 |
| **14.4.5 Analyze food-borne illness factors, including causes, foods at risk, and methods of prevention commercially and by individuals and families.** | 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 |
| **14.4.6 Analyze public dialogue about food safety and sanitation.**          | 1: Factors That Affect the Food Supply  
2: Foodborne Illnesses, Four Steps to Food Safety |

**Content Standard 14.5**

**Evaluate the influence of science and technology on food composition, safety, and other issues.**

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<thead>
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</table>
| **14.5.1 Analyze how scientific and technical advances influence the nutrient content, availability, and safety of foods.** | 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 |
| **14.5.2 Analyze how the scientific and technical advances in food processing, storage, product development, and distribution influence nutrition and wellness.** | 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 |
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<tr>
<th>Competencies</th>
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</table>
| 14.5.3 Analyze the effects of technological advances on selection, preparation, and home storage of food. | 1: 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  
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 |
| 14.5.4 Analyze the effects of food science and technology on meeting nutritional needs. | 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 |