

FAMILY AND CONSUMER SCIENCE

PROGRAM STANDARDS: 9-12

Students will:

1. Analyze nutritional needs of the human body.
2. Select wellness and fitness lifestyles that will affect bodily health.
3. Evaluate healthy vs. less healthy consumer choices.
4. Assess individual diet plans and aspects of weight control.
5. Select healthy foods and properly prepare the choices for optimal nutritional benefits.
6. Set personal goals toward positive diet and exercise routines to enhance a wellness.
7. Use the computer to assess student wellness.
8. Evaluate career opportunities.
9. Discuss diets and disorder as they influence total health.