

CTE Nutrition and Wellness

PS 1 Analyze potential career choices to determine the knowledge, skills, and attitudes associated with each career.

PS 2 Demonstrate leadership and teamwork skills in school, community and workplace settings.

PS 3 Analyze and demonstrate conditions and practices that promote safe food handling.

PS 4 Identify, maintain, and demonstrate the proper use of cooking and baking equipment.

PS 5 Define standardized recipe terminology, including cooking methods and techniques.

PS 6 Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing food.

PS 7 Demonstrate understanding of water, phytochemicals, vitamins, minerals, fat, protein, and carbohydrates on health and diet.

PS 8 Analyze influences of food choices and other nutritional practices.

PS 9 Analyze and apply sources of food and nutrition information, including food labels, related to health and wellness.

PS 10 Analyze effects of dietary choices on overall health and wellness.

PS 11 Develop meal plans based on current dietary recommendations.

PS 12 9-10.RST.4 Determine the meaning of symbols, key terms, and other domain specific words and phrases as they are used in a specific scientific or technical context relevant to grades 9–10 texts and topics.

PS 13 9-10.RST.7 Translate quantitative or technical information expressed in words in a text into visual form (e.g., a table or chart) and translate information expressed visually or mathematically (e.g., in an equation) into words.

PS 18 9-10.WHST.6 Use technology, including the Internet, to produce, publish, and update individual or shared writing products, taking advantage of technology's capacity to link to other information and to display information flexibly and dynamically.

PS 19 9-10.WHST.8 Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the usefulness of each source in answering the research question; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and following a standard format for citation.