**Principles of Nutrition and Wellness Standards Pacing Guide**

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| 1st Nine Weeks  Strand 3 Outcome 3.4  Food Safety and Sanitation: Promote food safety and sanitation using proper food handling and storage.  Strand 2 Outcome 2.1  Family Units: Examine the effects of family units on individuals and society, with a focus on food selection and prep.  Strand 3 Outcome 3.1  Nutrition Information: Analyze nutritional information to guide food choices. | 2nd Nine Weeks  Strand 3 Outcome 3.2  Weight Management: Manage weight throughout lifecycle.  Strand 3 Outcome 3.3  Food Selection: Analyze safe and affordable foods that promote a healthy lifestyle.  Strand 5 Outcome 5.1  Lifespan Wellness: Adopt wellness practices at each stage of the life span.  Strand 5 Outcome 5.2  Physical Activity: Promote a healthy lifestyle through physical activity, relaxation and sleep. |

Overall Competencies:

Extract relevant, valid information from materials, media sources.

Use verbal, nonverbal and active listening skills to communicate effectively.

Apply problem-solving and critical-thinking skills when making decisions and formulating solutions.

Identify the correlation between emotions, behavior and appearance and manage those to establish and maintain wellness across the lifespan.