



# NUTRITION and WELLNESS

## Career Development Events Information

**Nutrition and Wellness**, an individual or team event, recognizes participants who track food intake and physical activity for themselves, their family, or a community group and determine goals and strategies for improving their overall health. Participants must prepare a portfolio, visuals, and an oral presentation. **Levels 1, 2, 3**

### Career Clusters



### Ohio Education and Training Technical Content Standards

- 1.2 Leadership and Communications
- 1.4 Knowledge Management and Information Technology
- 2.3 Professionalism
- 4.2 Nutrition

### Ohio Family and Consumer Sciences Technical Content Standards

- 1.1 Personal and Professional Skills
- 1.2 Career Explorations
- 1.3 Leadership and Communications
- 1.4. Resources Management and Information Technology
- 3.1 Nutritional Information
- 3.2 Weight Management
- 3.3 Food Selection
- 3.5 Food Preparation
- 5.1 Lifespan Wellness
- 5.2 Physical Activity
- 5.4 Mental Health

### Ohio Hospitality and Tourism Technical Content Standards

- 1.2 Leadership and Communications
- 1.4 Knowledge Management and Information Technology
- 4.3 Ingredient Selection and Preparation
- 4.6 Food Presentation
- 6.2 Nutritional Analysis
- 6.3 Research for Recipe Development

The top three may advance to Nationals.





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### FCCLA National Programs Alignment



### National Family and Consumer Sciences Standards Reasoning for Action Comprehensive Standards

- 1.0 Career, Community and Family Connections
- 4.0 Education and Early Childhood
- 6.0 Family
- 7.0 Family and Human Services
- 8.0 Food Production and Services
- 9.0 Food Science, Dietetics and Nutrition
- 10.0 Hospitality, Tourism and Recreation
- 12.0 Human Development
- 14.0 Nutrition and Wellness

The top three may advance to Nationals.

