

# Nutrition (2024)

Analyze career paths within the food, nutrition, and wellness field. [HSE.HS.18.1](#)

- a** Summarize education, training, and credentialing requirements and career opportunities in the food, nutrition, and wellness field. [HSE.HS.18.1.A](#)
- b** Differentiate between personal attitudes and traits of food, nutrition, and wellness professionals in regards to responsibility, accountability, ethics, and effectiveness in the workplace. [HSE.HS.18.1.B](#)

Identify and Explain the parts and functions of the digestive system. [HSE.HS.18.2](#)

- a** Identify the anatomy of the gastrointestinal system. [HSE.HS.18.2.A](#)
- b** Explain the digestive process. [HSE.HS.18.2.B](#)
- c** Explain the utilization and short, medium, and long-term storage of nutrients inside the body. [HSE.HS.18.2.C](#)
- d** Explain how the body excretes waste products. [HSE.HS.18.2.D](#)

Analyze individual characteristics specific to macronutrients, micronutrients, and water. [HSE.HS.18.3](#)

- a** Identify the chemical composition and energy yield of carbohydrates, proteins, and fats. [HSE.HS.18.3.A](#)
- b** Differentiate between soluble and insoluble fiber and complete and incomplete proteins. [HSE.HS.18.3.B](#)
- c** Identify the functions of vitamins, minerals, and water. [HSE.HS.18.3.C](#)
- d** Identify the categories of vitamins (including fat and water soluble) and minerals (including major and trace). [HSE.HS.18.3.D](#)
- e** Identify the recommended intake levels of and food sources high in vitamins, minerals, and water. [HSE.HS.18.3.E](#)
- f** Explain deficiencies and toxicities related to vitamin and mineral consumption. [HSE.HS.18.3.F](#)

Analyze current dietary recommendations and guidelines for planning a healthy diet. [HSE.HS.18.4](#)

- a** Explain the Dietary Reference Intake terms Estimated Average Requirement (EAR), Recommended Daily Allowance (RDA), Adequate Intake (AI), and Tolerable Upper Intake Level (UL). [HSE.HS.18.4.A](#)
- b** Describe the concepts of variety, moderation, and balance as the foundation of a healthy diet. [HSE.HS.18.4.B](#)

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- c Compare and contrast various food recording tools.** HSE.HS.18.4.C

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  - d Utilize nutrition information to calculate nutrient composition of foods, meals, and daily intake.** HSE.HS.18.4.D

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  - e Discuss short- and long-term impact of current dietary intake habits.** HSE.HS.18.4.E

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  - f Compare and contrast the nutrient density of whole foods, convenience foods, and prepared foods to make informed food choices.** HSE.HS.18.4.F
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Analyze the effects of dietary patterns and practices on an individual's health and well-being across the lifespan. HSE.HS.18.5

- a Identify a variety of healthy dietary patterns.** HSE.HS.18.5.A

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  - b Compare and contrast popular fad diets and food industry trends.** HSE.HS.18.5.B

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  - c Describe energy balance, physical activity, and weight control to prevent obesity and achieve nutritional adequacy.** HSE.HS.18.5.C

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  - d Explain weight gain/weight loss concepts considering basal metabolic rate (BMR) and total daily energy expenditure (TDEE).** HSE.HS.18.5.D

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  - e Identify the prevention, symptoms, and treatment of eating disorders.** HSE.HS.18.5.E

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  - f Compare and contrast food allergies and food intolerances.** HSE.HS.18.5.F

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  - g Apply dietary recommendations and guidelines to design meal plans for individuals with special dietary needs (e.g., heart disease, diabetes, celiac disease).** HSE.HS.18.5.G
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Analyze U.S. and global food systems and impacts on individual, family, and community health. HSE.HS.18.6

- a Explain the biological, social, psychological, economic, political, and/or cultural influences on individual and community nutrition practices.** HSE.HS.18.6.A

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- b Summarize the effects of social determinants on personal food choices, food systems, and public health.** HSE.HS.18.6.B

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- c Explain the impact of cultural influences on food consumption and traditions within family units.** HSE.HS.18.6.C

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- d Analyze the impact of the rising cost of food, poverty, food deserts, food insecurity, and the growing world population on individuals, families, communities, and society.** HSE.HS.18.6.D

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- e Compare and contrast food and nutrition policies and their impact on individuals, families, communities, and society.** HSE.HS.18.6.E

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- f Discuss different approaches and solutions including the critical science perspective to address food system change through advocacy, policy, and/or political action.** HSE.HS.18.6.F