

Nutrition and Wellness

Exam Information	Description
Exam number 2001 Items 55 National Career Cluster Healthcare & Human Services Certification available Yes	The Nutrition and Wellness industry certification exam assesses foundational knowledge in nutrition and wellness relevant for life and academic enrichment. Learners demonstrate their understanding of basic food preparation to become self-sufficient in accessing healthy and nutritious foods. The exam covers major topics including nutrition principles and applications, influences on nutrition and wellness, food preparation, safety, and sanitation, and the science, technology, and careers in nutrition and wellness.

Exam Blueprint and Performance Skills

Standard	Percentage of exam score
1. Nutrition Principles & Applications*	38%
2. Influences on Nutrition & Wellness*	16%
3. Food Preparation, Safety, & Handling*	38%
4. Science, Technology, & Careers*	8%

*Includes performance skill evaluation

Standard 1 - Nutrition Principles & Applications (38% of exam score)

Candidates will apply nutrition principles to health and wellness choices across the life span.

Objective 1 Analyze food and nutrition information, including USDA Dietary guidelines and MyPlate to meet nutrition and wellness goals across the lifespan.

Objective 2 Demonstrate proper portion sizes from each of the food groups to meet nutrition and wellness needs of individuals across the lifespan.

Objective 3 Describe the six classes/groups of nutrients, explain their functions to meet health and nutrition requirements of individuals and families, and classify food sources.

Objective 4 Compare food label information to make health and wellness choices.

Objective 5 Analyze and assess wellness goals across the lifespan, particularly for teenagers (e.g., food fads and fallacies, extreme procedures for weight management, sports supplements, and nutritional supplements).

Optional: Standard performance evaluations on the final page of this document

Standard 2 - Influences on Nutrition and Wellness (16%)

Candidates will analyze factors that influence nutrition and wellness practices.

Objective 1 Assess physical, emotional, social, intellectual, cultural, and ethnic components of individual and family wellness.

Objective 2 Explain how geographical location and climate location affects food selection and availability.

Objective 3 Examine how economic factors affect food selection and availability.

Objective 4 Identify legislation and regulations related to food, nutrition, and wellness issues.

Objective 5 Evaluate the nutritive value and costs of snacks, fast foods, and balanced meals.

Optional: Standard performance evaluations on the final page of this document

Standard 3 - Food Preparation, Safety, and Handling (38%)

Candidates will demonstrate abilities to prepare and serve safe, nutritious foods.

Objective 1 Define and explain food-borne illness and demonstrate how to prevent them by applying the concepts of “clean, separate, cook, and chill”.

Objective 2 Demonstrate basic abilities to safely use and maintain equipment within a kitchen setting, including large and small appliances, small kitchen tools, measuring tools, and knives.

Objective 3 Demonstrate abilities to prepare nutritious foods using a variety of basic methods and techniques.

Objective 4 Apply basic principles of resource management when planning, preparing, and serving nutritious food, including food costs and availability, work plans and timetables, efficient work methods, and collaboration with others.

Objective 5 Demonstrate abilities to increase and decrease recipe measurements based on desired yield.

Optional: Standard performance evaluations on the final page of this document

Standard 4 - Science, Technology, and Careers (8%)

Candidates will analyze impacts of science, technology, and careers on nutrition and wellness.

Objective 1 Discuss current technology and techniques used to develop, produce, process, and store foods and their impacts on food safety, nutrition, and wellness (e.g., organic, holistic, genetics, hormones).

Objective 2 Explore technological tools and advancements used to track nutrition and wellness goals and progress.

Objective 3 Examine developments and trends in food marketing, and their impacts on family and consumer choices.

Objective 4 Discuss trends, employment opportunities, and preparation requirements for careers related to nutrition, food, and wellness.

Optional: Standard performance evaluations on the final page of this document

Performance Skills Evaluation

Exam name: Nutrition and Wellness

Candidate Name: _____

Performance assessments may be completed and evaluated any time before the certification is issued. The following performance skills can be used in connection with the associated standards and exam. The evaluator will function as the subject matter expert to determine if the candidate meets the skills requirements with a Yes/No for passing.

Standard 1 – Nutrition Principles and Applications

- Demonstrate effective communication when speaking with young adults about healthy eating habits.
 - Identify appropriate vocabulary to use across the lifespan.
- Identify the interrelationships among thinking, communication, leadership, and management processes to address family, community, and workplace issues

Pass:

Standard 2 – Influences on Nutrition and Wellness

- Identify a current issue within legislation or regulations related to food and nutrition and wellness.
- Demonstrate how to effectively use problem solving skills to analyze available food in a specific geographic location to fit within a specific diet and budget.

Pass:

Standard 3 – Food Preparation, Safety, and Handling

- Perform basic mathematical skills used to modify a kitchen recipe based on the number of servings or a specific diet.
- Demonstrate the concepts of “clean, separate, cook, and chill”.

Pass:

Standard 4 – Science, Technology, and Careers

- Demonstrate fundamentals to career success (e.g. strong work ethic, goal setting, time-management, positive attitude, adaptability/flexibility, stress resilience, accountability, self-discipline, resourcefulness, cooperation, self-assessment).

Pass:

Evaluator Name:

Date:
