

Family and Consumer Science

Food for Fitness

3/27/09

Advocate a Healthy Lifestyle	Ensure Food Safety	Become Consumer Savvy
<i>Constant and ever changing practices and policies with regard to food and nutrition.</i>	<i>Safety and sanitation is the selection, preparation, and storage of food in a safe manner.</i>	<i>Use critical thinking skills to make responsible and education consumer decisions.</i>
What is the relationship between trends in foods and nutrition and trends in society as a whole?	What determines the standards of acceptable food safety and sanitation in public and private settings?	What impact does a savvy consumer have on society, families, and individuals?
<p>Benchmark A: Recognize social and cultural factors that influence healthy lifestyle choices.</p> <p>Benchmark B: Use problem solving to ensure an overall healthy body.</p> <p>Benchmark C: Create food patterns related to healthy lifestyle outcomes.</p> <p>Benchmark D: Examine restaurants and their menus related to a healthy lifestyle.</p> <p>Benchmark E: Evaluate nutrition information to guide food choice and healthy lifestyle.</p> <p>Benchmark F: Assess factors associated with body weight.</p> <p>Benchmark G: Evaluate the link between physical activity, sleep, healthy lifestyle and work performance.</p>	<p>Benchmark A: Demonstrate safe food handling practices related to food borne pathogens.</p> <p>Benchmark B: Use critical thinking and reasoning to identify available resources that ensure and adequate secure food supply.</p> <p>Benchmark C: Apply kitchen practices that sustain the environment.</p>	<p>Benchmark A: Interpret the impact of advertising on individual and family consumer purchases.</p> <p>Benchmark B: Implement strategies for purchasing goods and services that meet individual needs and valued ends.</p> <p>Benchmark C: Promote consumer rights and responsibilities.</p>