

Food and Nutrition

HFN20 COURSE OUTLINE

Course Description

This course focuses on guidelines for making nutritious food choices. Students will investigate factors that influence food choices, including beliefs, attitudes, current trends, traditional eating patterns, food-marketing strategies, and individual needs. Students will also explore the environmental impact of a variety of food choices at the local and global level. The course provides students with opportunities to develop food-preparation skills and introduces them to the use of social science research methods in the area of food and nutrition.

A. RESEARCH AND INQUIRY SKILLS

OVERALL EXPECTATIONS: Throughout this course, students will:

A1. Exploring: explore topics related to food and nutrition, and formulate questions to guide their research; **A2. Investigating:** create research plans, and locate and select information relevant to their chosen topics, using appropriate social science research and inquiry methods; **A3. Processing Information:** assess, record, analyze, and synthesize information gathered through research and inquiry; **A4. Communicating and Reflecting:** communicate the results of their research and inquiry clearly and effectively, and reflect on and evaluate their research, inquiry, and communication skills.

B. NUTRITION AND HEALTH

OVERALL EXPECTATIONS: By the end of this course, students will:

B1. Canada's Food Guide: demonstrate an understanding of the nutritional and health recommendations in Canada's Food Guide; **B2. Eating Patterns:** demonstrate an understanding of eating patterns that contribute to optimal physical health; **B3. Body Image and Attitudes about Food:** demonstrate an understanding of factors that contribute to a positive body image and healthy attitudes about food.

C. FOOD CHOICES

OVERALL EXPECTATIONS: By the end of this course, students will:

C1. Food Needs: demonstrate an understanding of factors affecting people's food needs and of ways of meeting those needs; **C2. Influences on Food Choices:** demonstrate an understanding of various factors that influence food choices; **C3. Media, Advertising, and Food:** demonstrate an understanding of how media and advertising messages affect food choices.

D. LOCAL AND GLOBAL FOODS

OVERALL EXPECTATIONS: By the end of this course, students will:

D1. Availability of Food: demonstrate an understanding of where various foods are produced; **D2. Food and Environmental Responsibility:** demonstrate an understanding of how various food-purchasing choices and food-preparation practices affect the environment; **D3. Food Security:** demonstrate an understanding of issues related to food security.

E. FOOD-PREPARATION SKILLS

OVERALL EXPECTATIONS: By the end of this course, students will:

E1. Kitchen Safety: demonstrate an understanding of practices that ensure or enhance kitchen safety; **E2. Food Safety:** demonstrate an understanding of practices that ensure or enhance food safety; **E3. Food Preparation:** demonstrate skills needed in food preparation; **E4. Kitchen Literacy and Numeracy:** demonstrate the literacy and numeric skills required in food preparation.

Evaluation

70% of the grade will be based on assessment and evaluation conducted throughout the semester of the following Curriculum Strands:

- Research/Inquiry 15%
- Nutrition/Health 15%
- Food Choices 10%
- Local and Global Foods 10%
- Food Preparation Skills 20%
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30% of the grade will be a Summative Assignment that incorporates all of the above Curriculum Strands.

Textbook: We will utilize a variety of sources, including the textbook Food For Life, McGraw-Hill Publishers, (\$75) Textbooks are NOT to go home.