

Nutrition and Health

HFA4C COURSE OUTLINE

Course Description

This course focuses on the relationship between nutrition and health at different stages of life and on a global issues related to food production. Students will investigate the role of nutrition in health and disease and assess strategies for promoting food security and environmental responsibility. Students will learn about healthy eating, expand their repertoire of food-preparation techniques, and refine their ability to use social science research and inquiry methods to investigate topic related to nutrition and health.

Unit 1 – Food Preparation Skills

- Kitchen Safety
- Food Safety
- Food preparation *this will also be included in all other units

Unit 2 – Nutrition and Health

- Nutrients
- Food Guides
- Energy Balance
- Nutritional Status

Unit 3 – Eating Patterns and Trends

- Nutrition through the lifespan
- Nutrition and Disease
- Trends and patterns in food and nutrition

Unit 4 – Local and Global Issues

- Food Security
- Food production and supply
- Food production and the environment

Another large part of the **Food and Nutrition** curriculum is social studies research skills.

Please note that **RESEARCH AND INQUIRY SKILLS** strand will be integrated into all of the 4 main units and that the final “unit” will be the summative assignment.

Evaluation

70% of the grade will be based on assessment and evaluation conducted throughout the semester.

The breakdown of this term mark will be as follows:

- Research/Inquiry 20%
- Nutrition/Health 20%
- Eating Patterns/Trends 10%
- Local/Global Foods 10%
- Food Preparation Skills 10%

30% of the grade will be a Summative Assignment and/or Exam

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

Please note that this course focuses heavily on the ability to research topics related to food and nutrition. It is NOT just a “cooking class”. You WILL be required to complete a number of projects and assignments in order to achieve this course credit.

Kitchen Labs occur ONCE a week (Wednesdays). There will also be periods where we will be required to cook/bake for school-related events, which means, you will not always be able to eat the food you cook!