

**Guelph Collegiate Vocational Institute
Upper Grand District School Board**

Course Outline



Department: Family Studies

Course Title: Nutrition and Health

Course Type: College

Grade: 12

Course Code: HFA4C

Credit Value: 1.0

Department Head: Marsha Maharaj

Teachers: Andrea Kidnie

Teacher email: andrea.kidnie@ugdsb.on.ca

Curriculum Document

http://www.edu.gov.on.ca/eng/curriculum/sec_ondary/ssciences9to122013.pdf

Course Prerequisites/Corequisites:

Any university or university/college preparation course in social sciences and humanities, English, or Canadian and world studies

Course Description:

This course focuses on the relationship between nutrition and health at different stages of life and on 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 topics related to nutrition and health

Term Work (70% of the final mark)

Unit Title, Big Ideas, and Unit Culminating Tasks

Unit 1: Food Safety & Preparation

Big Ideas

- Taking appropriate safety precautions can reduce your risk of physical injuries, food borne illnesses and allergic reactions.
- Recipes must be followed precisely, to turn out correctly.

Culminating Tasks

- Unit 1 Test
- Food Labs

Unit 2: Nutrients and Health

Big Ideas

- A diet that is varied and follows the Canada's Food Guide, helps ensure optimal health.
- A healthy diet, eating habits and exercise are important in maintaining or achieving a healthy body weight.

Culminating Tasks

- 3 Day Eating Record Assignment
- Unit 2 Test

Unit 3: Eating Habits and Trends

Big Ideas

- Our nutritional needs change throughout our life.
- What we consume can impact our likelihood of getting certain diseases.

Culminating Tasks

- Independent Research Project
- Diet and Disease Assignment
- Quiz

Unit 4: Local and Global Issues

Big Ideas

- Food insecurity can be caused by environmental, social, political and economic factors.
- Our food production capabilities are directly related to our environment and innovation.

Culminating Task

- Live Below the Line Assignment
- Current Issues in Food Assignment

Culminating Tasks/Exams (30% or the final mark)

Course Culminating Task/Exams and Description

Culminating Assignment - 15 %

Iron Chef Cooking Competition- In small groups, students will be selecting a three course meal that meet specific criteria, write a group proposal and prepare it for a group of judges.

Final Exam - 15%

Based on the range of students' learning needs, a selection from the strategies listed below may be utilized. Refer to [list of teaching and assessment strategies](#).

Teaching Strategies:

- DIFFERENTIATED INSTRUCTION
- SCAFFOLDING
- EXPLICIT INSTRUCTION

Assessment and evaluation strategies:

- FORMATIVE ASSESSMENT (Assessment “for” learning and “as” learning)
- SUMMATIVE ASSESSMENT (Assessment “of” learning)

Textbooks/Learning Resource Materials (align with Policy 603)

Nutrition and Health Textbook

Fees for Learning Materials/Activities

Learning Materials/Activities	Cost
Course Enhancement Fee	\$10
Field Trip to the Toronto Food and Drink Market- April 8th, 2016	\$10

Please refer to the [GCVI Student Handbook](#) for our school policies on:

- academic integrity
- late and missed assignments