

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

Course Outline



**Department: Family Studies**

**Course Title: Nutrition and Health**

**Course Type: University**

**Grade: 12**

**Course Code: HFA4U**

**Credit Value: 1.0**

**Department Head: Marsha Maharaj**

**Teachers: Andrea Kidnie**

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**Curriculum Document**

[http://www.edu.gov.on.ca/eng/curriculum/sec\\_ondary/ssciences9to122013.pdf](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 examines the relationships between food, energy balance, and nutritional status; the nutritional needs of individuals at different stages of life; and the role of nutrition in health and disease. Students will evaluate nutrition-related trends and will determine how food choices can promote food security and environmental responsibility. Students will learn about healthy eating, expand their repertoire of food-preparation techniques, and develop their social science research skills by investigating issues 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**

<b>Learning Materials/Activities</b>	<b>Cost</b>
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