

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

Course Outline



Department: Family Studies

Course Title: Food and Nutrition

Course Type: Open

Grade:10

Course Code: HFN 20

Credit Value: 1

Department Head: Marsha Maharaj

Teachers: Marsha Maharaj

Teacher email: (not mandatory)

Date of Development: 23/9/2015

Curriculum Document: (copy subject-specific document from secondary curriculum website <http://www.edu.gov.on.ca/eng/curriculum/secondary/ssciences9to122013.pdf>)

Course Prerequisites/Corequisites:

NONE

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.

Term Work (70% of the final mark)

Unit Title, Big Ideas, and Unit Culminating Tasks

1. Kitchen Fundamentals

Big Ideas: Food-borne illness can be prevented.
Recipes should be followed to ensure a high quality product.
We can eat healthy by carefully reading labels and shopping wisely.
Culminating Tasks: Unit Test/Food Certification Exam/Food Lab

2. Nutrition Basics

Big Ideas: What we eat affects our bodies and proper nutrition is key to our health.
We can create a healthy environment by carefully reading labels.
Culminating Tasks: Unit test/Personal Nutrition Activity Assessment/Food Lab

3. Influences on Food Choices

Big Ideas: People's food choices are influenced by many factors.
Children's eating habits can affect them into adulthood.
Culminating Tasks: Unit Test/That's a Wrap Advertisement/Food Lab

4. Meal Planning

Big Ideas: Food Needs change throughout the lifespan.
Many factors should be considered when meal planning.
Culminating Tasks: Unit Test/Food Essay/Food Lab

5. Food Availability and Security in Canada

Big Ideas: A variety of foods are available in Canada.
Many factors contribute to food security.
Culminating Tasks: Reflection/Food Lab

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

Course Culminating Task/Exams and Description

Culminating Web Site -15%: Create a web site for a special need.

Written Exam-15%: Exam covers the whole course.

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
SUMMATIVE ASSESSMENT

Textbooks/Learning Resource Materials (align with Policy 603)

Food For Today
Nutrition and Healthy Eating
Food in Society
Food Preparation

Fees for Learning Materials/Activities

Learning Materials/Activities	Cost
Food Lab	\$10

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

- academic integrity
- late and missed assignments