Westside Secondary School

Orangeville, Ontario, Canada

519-938-9355 **Course Outline** *www.ugdsb.on.ca/westside*

Course: HFN 101 Food and Nutrition

Teacher(s): Mrs. Leclair / Mrs. Cox **Program Leader: Mr. Wardle**

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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.

Big Ideas (overall learning outcomes for the course):

- Knowing safety procedures allow you to act correctly
- Following a recipe is a blueprint for a successful final product
- Respect and teamwork in the kitchen and classroom promotes a positive learning experience

Achievement Categories: Student learning is assessed and evaluated with respect to the following four categories of knowledge and skills.	**Knowledge and Understanding:** 20% **Thinking:** 20% **Communication:** 20% **Application:** 40%

Assessment and Evaluation: Formative assessments are used to improve student learning by providing varied opportunities to demonstrate an understanding of course expectations in preparation for summative evaluations. Summative evaluations test groups of key expectations. Failure to complete a summative evaluation may result in the expectations of the course not being met and the credit not being granted.

	Term Work (70%)
Unit of Study	**Summative Evaluations**
Safety and Sanitation	Safety Test
In the Kitchen	Lab Evaluations / Recipe Know How
Nutrition Basics	Canada's Food Guide Assignment
Local and Global Foods	Where Does Your Food Come From?
	Final Summative (30%)
	Meal Extravaganza
	Written Exam/ Lab Mark

I have read and understand the Course Outline:

Student Name (please print): _____ Signature: _____

Parent/Guardian Name (please print): _____ Signature: _____