



# Westside Secondary School

Orangeville, Ontario, Canada



519-938-9355

## Grade 9 Food and Nutrition Course Outline

[www.ugdsb.on.ca/westside](http://www.ugdsb.on.ca/westside)

**Course:** HFN 101 Food and Nutrition    **Teacher(s):** Mrs. Cox    **Phone Extension:** 545

**Email:** [Renee.Cox@ugdsb.on.ca](mailto:Renee.Cox@ugdsb.on.ca)    **Program Leader:** Mr. Wardle

\*\*\* All course enhancement fees are expected to be paid by the end of the second week of the course. Payment options are available through [ugdsb.schoolcashonline.com](http://ugdsb.schoolcashonline.com). The enhancement fee is \$35 for this course.

**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:** 25%    **Thinking:** 25%  
**Communication:** 25%    **Application:** 25%

**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.

**Late Policy:**

Students are expected to complete all assigned work and submit it by the teacher's established due date. Every attempt will be made to encourage students to complete all assigned work on time so their grade represents their actual achievement. For late and missed summative assessments, please see the *Westside Students' Contract for Missing Evidence of Learning*.

More details about Westside's Assessment and Evaluation Policy is available at:

<http://www.ugdsb.ca/westside/wp-content/uploads/sites/74/2016/12/Westside-Assessment.pdf>

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	Term Work (70%)
Unit of Study	Summative Evaluations
Safety and Sanitation	Safety Test
In the Kitchen	Lab Evaluations / Recipe Know How
Nutrition and Health	Canada's Food Guide Assignment / Test
Food Choices	Test

Local and Global Foods	Where Does Your Food Come From?
	<b>Final Summative (30%)</b>
	Meal Extravaganza
	Written Exam/ Lab Mark