

# St. Joseph's Catholic Secondary School



## **Nutrition & Health (HFA 4U)**

### **Course Outline**

#### **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.

#### **This course will focus on 3 main areas:**

##### **1) Nutrition and Healthy Eating**

You will learn about the role food plays in your body. You will also learn what food does in the body and how nutrient needs change throughout life. In addition, you will study the role of nutrition in disease prevention and maintaining health. You will analyze guidelines and legislation created to help people determine what types of food to consume. Lastly, you will examine some of the factors that play a role in the food choices people make and investigate current and emerging trends in food and nutrition.

##### **2) Food Preparation**

You will examine various components of food preparation and kitchen safety. You will learn a variety of ways to prevent food poisoning such as: proper storage, preparation, cooking and cleaning methods. Additionally, you will become proficient in measuring using both Metric and Imperial measure and you will become familiar with a variety of common cooking terms. You will be able to change a recipe by conversion, doubling or halving as well as adding, omitting and substituting various ingredients. Lastly, you will familiarize yourself with the name and function of a wide variety of kitchen equipment.

### **3) Food in Society**

In this unit, you will explore how the food we eat is produced and the various steps our food goes through before ending up in our “hands”. We will explore agricultural and food systems as well as socially responsible systems such as sustainability, pesticide reduction and other alternatives. We will consider the choices we make about food and the impact our choices have on both ourselves as well as others, now and in the future. We will look at global and local environmental issues related to the production and consumption of food. Lastly, we will research the complex issues surrounding local and world hunger from a political, economic, social, familial and environmental perspective.

#### **The following strands will guide the course curriculum:**

- A. RESEARCH AND INQUIRY SKILLS
- B. NUTRITION AND HEALTH
- C. EATING PATTERNS AND TRENDS
- D. LOCAL AND GLOBAL ISSUES
- E. FOOD-PREPARATION SKILLS

## **Evaluation**

### **Term Work                      70%**

- Student achievement will be assessed regularly throughout each unit to determine how well students are progressing towards and learning the course expectations. Feedback will be provided to enable students to improve; therefore, students should complete all of these formative assessments in order to achieve success in this course.
- Summative assessments may include tests as well as individual and group projects. These assessments will be used to determine the level of student achievement of the expectations for the unit and for determining the term mark.

### **Final Evaluation                30%**

- Students will complete an Independent Study (IS) culminating assignment. (15%)
- Students will complete a written examination. (15%)