

**ST. JOSEPH CATHOLIC SECONDARY SCHOOL
COURSE OUTLINE**



Name of Course/Course Code

Food and Nutrition, Grade 10 Open, HFN 20

Course Description: This course explores the factors that affect attitudes and decisions about food as they relate to the following: individual and family needs, nutritional health, well-being, body image, and

Catholic Graduate Expectations:

Students will read scripture and Catholic doctrine in order to emulate Jesus Christ when making

Course Prerequisite

Units of Study

Unit 1	Investigation of Food Choices
Unit 2	Food Needs of Individuals and Families
Unit 3	Nutrition, Health, and Well-Being
Unit 4	Body Image
Unit 5	Food From Canadian and Global Perspectives
Unit 6	
Unit 7	
Unit 8	

Evaluation

70%	30%
Knowledge/Understanding	Culminating Task and Exam
Thinking/Inquiry	
Communication	
Application	

Course Resources Required:

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For a detailed course description of this course, please visit
<https://www.edu.gov.on.ca/eng/curriculum/secondary/subjects.htm>