

**OTTAWA - CARLETON DISTRICT SCHOOL BOARD**

**Earl of March Secondary School**

**WORLD - SOCIAL SCIENCES DEPARTMENT**

**COURSE OUTLINE FOR: GRADE 12 FOOD AND NUTRITION SCIENCES,  
COLLEGE/UNIVERSITY PREPARATION**

COURSE NAME: FOOD AND NUTRITION SCIENCES, GRADE 12,  
COLLEGE/UNIVERSITY PREPARATION

COURSE CODE: HFA 4M

CREDIT VALUE: 1.0

HOURS OF INSTRUCTION: 110

MOET GUIDELINE (NAME/YEAR): The Ontario Curriculum: Grades 11 and 12  
Social Sciences and Humanities, 2005

MOET PREREQUISITES: Any university, university/college, or college preparation course in  
Social Sciences and Humanities, English, or Canadian and World  
Studies

RECOMMENDED PREPARATION: HFN20, CHC2D, or 2P

TEXT: Food For Life

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**COURSE DESCRIPTION:**

This course examines various nutritional, psychological, social, cultural, and global factors that influence people's food choices and customs. Students will learn about current Canadian and world-wide issues related to food, frameworks for making appropriate dietary choices, and food-preparation techniques. This course also refines students' skills used in researching and investigating issues related to food and nutrition.

*Prerequisite: Any university, university/college, or college preparation course in Social Sciences and Humanities, English, or Canadian and World Studies*

**OVERALL AND SPECIFIC EXPECTATIONS:**

The student will:

1. identify the social, psychological, economic, emotional, cultural, religious, and physical factors that affect food choices.
2. summarize food-related issues that arise throughout the life cycle.
3. determine the relationship among nutrition, lifestyle, health, and disease.
4. identify examples of entrepreneurship in the food industry, and occupations related to food and nutrition sciences.
5. identify the factors that are critical to achieving and maintaining food security and eliminating hunger.
6. describe notable trends in food-consumption patterns
7. predict trends in the preparation of foods in the home and in the commercial sector.
8. demonstrate effective collaborative group skills.
9. demonstrate appropriate social science research methods in the investigation of food-related issues.

**COURSE OUTLINE:**

This course consists of both a theory and a practical component

**UNIT**

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Introduction: Safety within the classroom/kitchen

Unit 1 Self and Others: Nutrition Essentials for Health and Well-being

Unit 2 Personal and Social Responsibility: Role of Nutrition

Unit 3 Diversity, Interdependence, and Global Connections: Canada  
And Global Food Supply

Unit 4 Social Challenges: Contemporary Food Issues

**TEACHING METHODS:**

Students learn best when they are engaged in a variety of ways of learning. These include the Socratic technique, technology-based learning, cooperative small-group learning, simulations, mind mapping, creating scenarios for decision making, and independent research.

**ASSESSMENT AND EVALUATION:**

- individual assignments and projects
- unit tests
- food labs
- daily class work
- a compulsory examination

Tests, food labs, and assignments	70%
Summatives	30%