

OTTAWA - CARLETON DISTRICT SCHOOL BOARD

Earl of March Secondary School

WORLD - SOCIAL SCIENCES DEPARTMENT

COURSE OUTLINE FOR: GRADE 10 FOOD AND NUTRITION, OPEN

COURSE NAME: FOOD AND NUTRITION, GRADE 10, OPEN

COURSE CODE: HFN 20

CREDIT VALUE: 1.0

HOURS OF INSTRUCTION: 110

MOET GUIDELINE (NAME/YEAR): The Ontario Curriculum: Grades 9 and 10
Social Sciences and Humanities, 2005

MOET PREREQUISITES: None

RECOMMENDED PREPARATION: None

TEXT: Food For Life

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DATE OF UPDATING: June 2012

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COURSE DESCRIPTION:

This course explores the factors that affect attitudes and decisions about food, examines current issues of body image and food marketing, and is grounded in the scientific study of nutrition. Students will learn how to make informed food choices and how to prepare foods, and will investigate our Canadian food heritage and food industries, as well as global food issues. The course also introduces students to research skills related to food and nutrition.

Prerequisite: None

OVERALL AND SPECIFIC EXPECTATIONS:

The student will:

1. complete an assessment of the importance of meeting the food needs of family members.
2. identify the various reasons for the choices people make about food.
3. demonstrate knowledge of the rules of mealtime etiquette.
4. analyze the responsibilities involved in maintaining nutritional health and well-being.
5. identify consumer responsibility in the investigation of current food issues.
6. analyze the concept of body image and relationship to eating disorders and body altering substance abuse.
7. demonstrate an understanding of how to make informed food decisions when dealing with stressful situations.
8. demonstrate appropriate use of social science research methods in the investigation of food-related issues.
9. effectively communicate the results of their inquiries.

COURSE OUTLINE:

UNIT

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

TEACHING METHODS:

Students learn best when they are engaged in a variety of ways of learning. These include the Socratic technique, co technology-based learning, operative small-group learning, completion of food labs, project work, and independent research.

ASSESSMENT AND EVALUATION:

- individual assignments and projects
- unit tests
- food labs
- daily class work
- end of year performance tasks
- a compulsory exam

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| Tests, assignments and food labs | 75% |
| Summatives | 25% |