

# GRADE 9 FOOD AND NUTRITION

Virtual Course Information  
Night Agincourt C.I.





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“FOOD IS OUR COMMON  
GROUND, A UNIVERSAL  
EXPERIENCE.”

-James Beard



A vibrant collage of fresh vegetables including cucumbers, radishes, mushrooms, corn, and broccoli. The text "BUT WE ARE MORE THAN FOOD..." is centered in a white box with a thin black border.

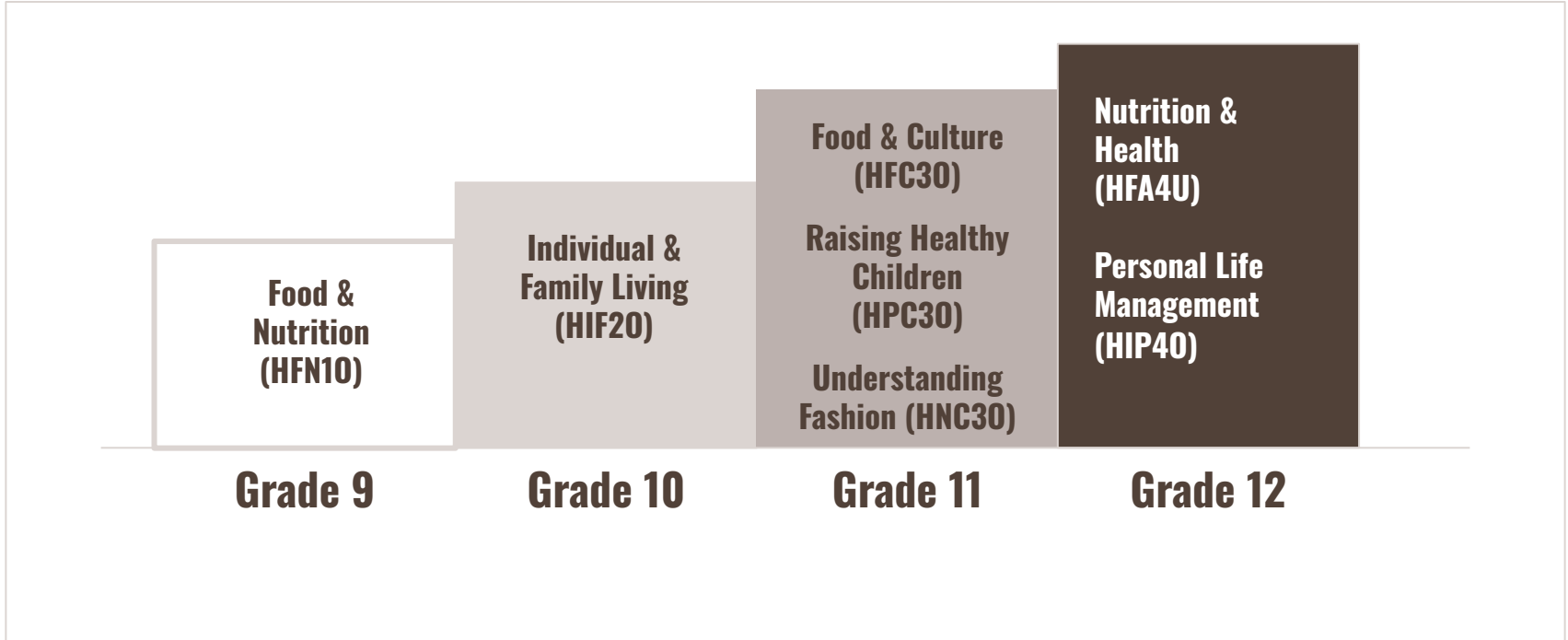
BUT WE ARE MORE  
THAN FOOD...

# What is Family Studies?

- Family Studies is a social science.
- Family studies courses provide students with essential knowledge and transferable skills that are applicable in various areas of their lives – in their personal and family lives as well as in their postsecondary studies and in the workplace.
- Knowledge and understanding developed through family studies can help inform discussion on critical social, cultural, economic, technological, environmental, and wellness issues
- It provides a strong foundation for vibrant, healthy, and engaged citizenship.



# Course Offerings at ACI



THE GRADE 9 FOOD AND NUTRITION COURSE BUILDS  
LIFE LONG SKILLS BENEFICIAL FOR HEALTH AND  
WELLBEING...







...AND SETS THE FOUNDATION FOR FUTURE  
CAREERS IN AREAS SUCH AS NUTRITION,  
CULINARY ARTS, AND HEALTH CARE.



# Grade 9 Foods Units of Study

FOOD SAFETY &  
KITCHEN SKILLS

**Unit 1**



NUTRITION, HEALTH &  
WELLBEING

**Unit 3**



FOOD SECURITY &  
SUSTAINABILITY

**Unit 5**



**Unit 2**

CANADA'S FOOD  
GUIDE & HEALTHY  
FOOD CHOICE



**Unit 4**

BODY IMAGE &  
MEDIA



# Key Learnings

BY UNIT

# Unit 1 - Safety & Kitchen Skills

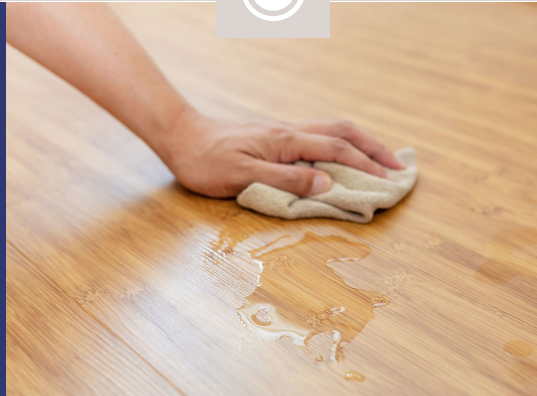
## Safe Food Handling

Steps to minimizing the risk of foodborne illness



## Kitchen Safety

Safe practices to avoid spills, trips, burns, falls, & cuts



## Tool Usage

Safe operation and cleaning of kitchen tools, knives and equipment





Canada's  
food guide

**Eat well. Live well.**

Eat a variety of healthy foods each day

Have plenty  
of vegetables  
and fruits

Eat protein  
foods

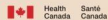
Make water  
your drink  
of choice

Choose  
whole grain  
foods



Discover your food guide at

**Canada.ca/FoodGuide**



Canada

# Unit 2 Canada's Food Guide and Healthy Food Choice

- UNDERSTANDING KEY MESSAGES AND RECOMMENDATIONS
- UNDERSTANDING NUTRIENTS
- HEALTHY EATING HABITS
- FACTORS AFFECT FOOD CHOICE
- PLANNING A MEAL



- Reading and Understanding Food Labels
- Strategies for selecting, preparing, and serving food to meet needs (budgeting, calculating cost per meal, and meal planning)

## Unit 3 - Nutrition, Health & Wellbeing

# Unit 4 - Body Image and Media



## Body Image and Recognizing Unhealthy Eating Patterns

## Effects of Food Advertising



## Media Influences





## The Food System

Food supply, pricing,  
agri-sector jobs



## Local food security

Foodbanks, access to  
food, hunger,  
monoculture



## Food and environmental responsibility

Environmental impacts,  
100 mile diet,  
sustainability

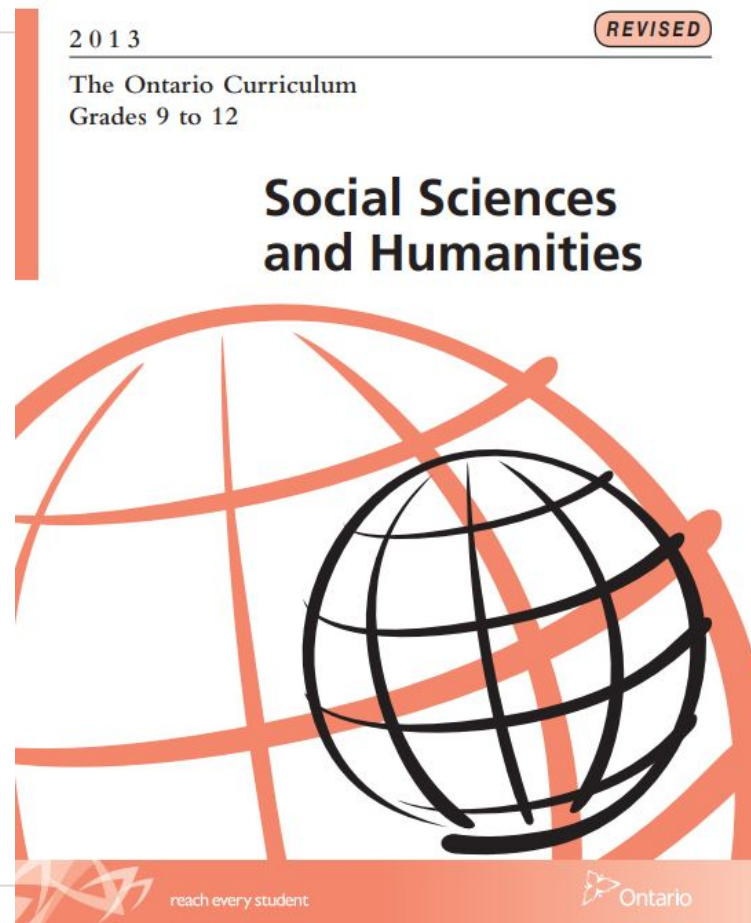
# Unit 5 - Food Security & Sustainability



# Course Curriculum

The Course curriculum is developed from the 2013 Social Sciences and Humanities Curriculum for Grade 9 to 12

<http://www.edu.gov.on.ca/eng/curriculum/secondary/ssciences9to122013.pdf>



# Assessment & Evaluation



- Students are evaluated on their **achievement** of the overall expectations of the curriculum.
- Evidence of learning is collected from a **wide variety of assessments** in Family Studies
  - opinion paragraphs, food labs, presentations, debates, tests, posters, and more!
- Students are provided with **ongoing feedback** through conversations, class discussions, and written comments.
- Final report card grades weighted in the following manner:
  - **70% term work** (assignments, projects, presentations, tests/quizzes)
  - **30% summative evaluation**
- This year we do not have a final exam





# “Feeding” Student Interests



*What students love about the class are the opportunities to make a food*

# Food made with love by ACI students



# Still Have Questions?

## Email (Best method)

- Teachers email addresses are located on the schools website and on course syllabus

## Phone

- Teachers can also be reached calling the school 416-396-6675

## Classroom websites:

- Each Family Studies class has a classroom website that contains: key dates, important assignments and relevant lesson materials.
- They are a valuable source of information about what is happening in class and virtually. Please check them often!







THANK  
YOU!

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