

Sir John A. Macdonald Collegiate Institute Course Brief 2020-2021

Course Name	NUTRITION and HEALTH	Grade	12
Course Code	HFA 4C	Credit Value	1
Pre-Requisite	Any U, U/C, C Preparation course in Social Sciences and Humanities, English, or Canadian and World Studies	Or Recommended Pre-Requisite	
Type of Course	College Preparation		

TEXTBOOKS

Food For Today

REPLACEMENT COST (if lost or damaged)

\$ 68.84

Course Description

This course focuses on the relationship between nutrition and health at different stages of life and on global issues related to food production. Students will investigate the role of nutrition in health and disease and assess strategies for promoting food security and environmental responsibility. Students will learn about healthy eating and expand their repertoire of food preparation techniques, and refine their ability to use research and inquiry methods to investigate topics related to nutrition and health.

Achievement Categories

Knowledge and Understanding: Subject-specific content acquired in each grade/course (knowledge), and the comprehension of its meaning and significance (understanding) (K U)

Thinking: The use of critical and creative thinking skills and/or processes (T)

Communication: The conveying of meaning through various forms (COMM)

Application: The use of knowledge and skills to make connections within and between various contexts (APP)

Assessment and Evaluation of Student Achievement

Unit	Unit Title/Description	Evaluation Task	Achievement Chart Focus
Unit 1	Safety and Food Preparation Skills	<ul style="list-style-type: none"> Safety Test Food Labs (Throughout the course) Nutrition Newspaper Presentation 	K/T/C/A K/T/C/A K/T/C/A
Unit 2	Nutrition and Health	<ul style="list-style-type: none"> Presentation on micro nutrients Test on Macro nutrients 	K/A K/T/C/A
Unit 3	Eating Patterns and Trends	<ul style="list-style-type: none"> Research Project on Eating Patterns and Disease Test 	K/T/C/A K/C K/T/C/A
Unit 4	Local and Global Issues	<ul style="list-style-type: none"> Presentation 	K/T/C/A
Unit 5	-Course Culminating Activity: Shark Tank (20%) -Exam (10%)	<ul style="list-style-type: none"> Written, Oral, Visual Presentation and Exam 	K/T/C/A

Levels of Achievement

For Grades 9 to 12, a student's achievement of the overall curriculum expectations will be evaluated in accordance with the achievement charts in the provincial curriculum and will be reported using percentage marks.

Achievement Level	Percentage Mark Range	Achievement Description
HL4/L4+ L4 LL4/L4-	95 – 100 87 – 94 80 – 86	Level 4 identifies achievement that surpasses the provincial standard. The student demonstrates the specified knowledge and skills with a high degree of effectiveness.
HL3/L3+ L3 LL3/L3-	77 – 79 73 – 76 70 – 72	Level 3 represents the provincial standard for achievement. The student demonstrates the specified knowledge and skills with considerable effectiveness. Parents of students achieving at level 3 can be confident that their children will be prepared for work in subsequent grades/courses
HL2/L2+ L2 LL2/L2-	67 – 69 63 – 66 60 – 62	Level 2 represents achievement that approaches the provincial standard. The student demonstrates the specified knowledge and skills with some effectiveness. Students performing at this level need to work on identified learning gaps to ensure future success.
HL1/L1+ L1 LL1/L1-	57 – 59 53 – 56 50 – 52	Level 1 represents achievement that falls much below the provincial standard. The student demonstrates the specified knowledge and skills with limited effectiveness. Students must work at significantly improving learning in specific areas, as necessary, if they are to be successful in the next grade/course

Students who achieve below 50% have not met curriculum expectations; a credit will not be granted.

Learning Skills	Assessment of Learning Skills
Responsibility Organization Independent Work Collaboration Initiative Self-Regulation	Excellent (E) Good (G) Satisfactory (S) Needs Improvement (N)

Weighting by Strands/Categories			
Knowledge and Understanding	25%	Communication	25%
Thinking	25%	Application	25%

Assessment and Evaluation Strategies: the following is a list of potential A/E strategies used within the course; the list may not be exhaustive and is subject to change

- Tests
- Library Research Projects
- Social Science Research reports
- In Class Assignments
- Oral Presentations
- Food Lab Tasks & Activities (planning, preparation, teamwork)
- Science Lab Reports
- Visual Representations

CALCULATION OF FINAL MARK

There will not be an Exam or Culminating Activity. Final mark is based on classwork.