

## Sir John A. Macdonald Collegiate Institute Course Brief

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

TEXTBOOKS

REPLACEMENT COST (if lost or damaged)

**FOOD SCIENCE**

**\$ 68.64**

ADDITIONAL RESOURCES/LEARNING MATERIALS

REPLACEMENT COST (if lost or damaged)

### Course Description

This course examines the relationships between food, energy balance and nutritional status; the nutritional needs of individuals at different stages of life; and the role of nutrition in health and disease. Students will evaluate nutrition-related trends and will determine how food choices can promote food security and environmental responsibility. Students will learn about healthy eating, expand their food-preparation techniques, and develop their social science research skills by investigating issues 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	Nutrition and Health	Research Project Tests	K U T	COMM APP
Unit 2	Trends and Patterns in Food and Nutrition	Comparative Analysis Food labs	K U T	COMM APP
Unit 3	Local and Global Food Supply & the Environment	Food Labs Research Project	K U T	COMM APP
Unit 4	Culminating Activity	Culminating Activity	K U T	COMM APP

### 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	30%	Communication	20%
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
- In Class Essay
- Science Lab Reports
- Visual Representations
- Food Lab Tasks & Activities (planning, preparation, teamwork)

### CALCULATION OF FINAL MARK

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