

Sir John A. Macdonald Collegiate Institute Course Brief

Course Name	Food and Nutrition	Grade	10
Course Code	HFN 20	Credit Value	1
Type of Course	Open		

TEXTBOOKS

There is no textbook for this course

Course Description

This course focuses on guidelines for making nutritious food choices. Students will investigate factors that influence food choices, including beliefs, attitudes, current trends, traditional eating patterns, food-marketing strategies, and individual needs. Students will also explore the environmental impact of a variety of food choices at the local and global level. The course provides students with opportunities to develop food-preparation skills and introduces them to the use of social science research methods in the area of food and nutrition.

Achievement Chart 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 form (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
Unit 1	Safety and Food Preparation Skills
Unit 2	Nutrition and Health
Unit 3	Food Choices & Trends
Unit 4	Local and Global Foods

****Order of units is subject to change.****

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

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%

CALCULATION OF FINAL MARK
→ 100% for evaluations conducted throughout the course