

Nutrition & Health: Grade 12 (HFA4C)



College Preparation

Prerequisite: Any university, college, or university/college preparation course in social sciences and humanities, English, or Canadian and world studies

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, expand their repertoire of food-preparation techniques, and refine their ability to use social science research and inquiry methods to investigate topics related to nutrition and health.

Nutrition & Health	Eating Patterns & Trends	Local & Global Issues
<ul style="list-style-type: none">● Nutrients● Food Guides● Energy Balance● Nutritional Status	<ul style="list-style-type: none">● Nutrition throughout the Lifespan and Disease● Trends and Patterns in Food and Nutrition	<ul style="list-style-type: none">● Food Security● Food Production and Supply and the Environment