

Nutrition & Health: Grade 12 (HFN4U)



University Preparation

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

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 repertoire of food-preparation techniques, and develop their social science research skills by investigating issues related to nutrition and health.

| <u>Nutrition & Health</u> | <u>Eating Patterns & Trends</u> | <u>Local & Global Issues</u> |
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| <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 |