

Food and Nutrition: Grade 10 (HFN2O)



Prerequisite: None

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.

<u>Nutrition & Health</u>	<u>Food Choices</u>	<u>Local & Global Foods</u>
<ul style="list-style-type: none">● Canada's Food Guide● Healthy Eating● Body Image and Attitudes about Food● Learn Food Preparation Skills	<ul style="list-style-type: none">● Food Needs:● Influences on Food Choices● Media, Advertising, and Food	<ul style="list-style-type: none">● Trends in Food● Availability of Food● Food & Environmental Responsibility● Food Security