

RICHVIEW COLLEGIATE INSTITUTE

PROGRAM AREA: Family Studies	COURSE NAME: Food and Nutrition
COURSE CODE: HFN 201	GRADE/LEVEL: Grade 10, Open
PREREQUISITE: none	CREDIT VALUE: 1 credit
TEACHER: Ms. Manitaros	CONTACT NUMBER: 416-394-1980 EXT 20075

Cost of Textbook if lost or damaged: \$63.00

Additional Course Costs: \$50.00

Textbooks(s)/Resources:

Witte, J. et al. (2007). *Food for Today*. Toronto: McGraw-Hill Ryerson.

Additional handouts

COURSE DESCRIPTION

This course explores the factors that affect attitudes and decisions about food, examines current issues of body image and food marketing, and is grounded in the scientific study of nutrition. Students will learn how to make informed food choices and how to prepare foods, and will investigate our Canadian food heritage and food industries as well as global food issues. The course also introduces students to research skills related to food and nutrition.

UNITS

Unit	Unit Title	Content Description
1	Safety, Sanitation and Food Lab procedures	<ul style="list-style-type: none">preventing kitchen accidents (ex. falls, cuts, shock and burns);preventing illness by practising good personal hygiene (ex. hand washing) and using sanitary work methods (cross-contamination);conserving natural resources
2	Investigation of Food Choices	<ul style="list-style-type: none">Why we eat food, social science research investigation, changing food patterns, childhood effect on current eating patterns, food marketing techniques, career opportunities
3	Food Needs of Individuals and Families	<ul style="list-style-type: none">Kitchen know-how, recipe reading meal planning, smart shopping, family meals, a Cook's book
4	Nutrition, Health and Well-being	<ul style="list-style-type: none">Nutrients, <i>Eating Well with Canada's Food guides</i>, nutritional meals, personal eating habits, health issues, marketing and advertising of food,
5	Body Image	<ul style="list-style-type: none">Perceptions of beauty, unhealthy diet patterns, achieving healthy body weight, reducing fat in the diet, strategies for achieving healthy well-being
6	Food from Canadian and Global Perspectives	<ul style="list-style-type: none">Native food heritage, regional foods, Canadian food supply and production, world hunger, staple foods and celebration of food diversity

OVERALL EXPECTATIONS: By the end of this course, students will:

Self and Others

- Complete an assessment of the importance of meeting the food needs of family members
- Identify the various reasons for the choices people make about food.
- Analyze the importance of each family member's contribution to the selection, preparation and serving of food.
- Demonstrate knowledge of the rules of mealtime etiquette (within the classroom environment).

Personal and Social Responsibilities

- Analyze the responsibilities involved in maintaining nutritional health and well-being
- Identify consumer responsibility in the investigation of current food issues
- Summarize the practical factors and demonstrate the skills involved in producing appetizing and healthy foods for themselves and others

Diversity, Interdependence, and Global Connections

- Describe the relationship among family customs, traditions, and food, using current social science research methods
- Demonstrate an understanding of our Canadian food heritage
- Identify food supply and production industries in Canada
- Complete an investigation of current global issues related to food (e.g., food distribution, food shortages, gene manipulation), using current social science research methods

Social Challenges

- Analyze the concept of body image and its relationship to eating disorders and body altering substance abuse
- Demonstrate an understanding of how to make informed food decisions when dealing with stressful situations.

Social Science Skills

- Demonstrate appropriate use of social science research methods in the investigation of food-related issues
- Effectively communicate the results of their inquiries
- Demonstrate effective collaborative group skills

ASSESSMENT AND EVALUATION

Assessment and Evaluation are based on the expectations and levels of achievement outlined in the provincial curriculum document for each subject. A wide range of assessment and evaluation opportunities allows students to demonstrate their learning in a variety of ways. This information provides the basis for reporting student grades on the Provincial Report Card. A final mark will be calculated using the following categories:

Knowledge and Understanding (25%)

Thinking and Inquiry (25%)

Communication (25%)

Application (25%)

Formative Evaluation: 70% of the final mark will be based on evaluations conducted throughout the course.

Summative Evaluation: 30% of the final mark will be based on a final evaluation in the form of culminating activities.

Summative Evaluation: Research and Demonstration

** A detailed explanation of the culminating activity will be distributed to students in the class.

LEARNING SKILLS AND WORK HABITS

The Ontario provincial report card provides a record of the learning skills and work habits demonstrated by the student in every course in the following six categories: Responsibility, Organization, Independent Work, Collaboration, Initiative, and Self-regulation. The learning skills and work habits are evaluated using a four-point scale (E-Excellent, G-Good, S-Satisfactory, N-Needs Improvement). Please refer to the additional handouts given to students on learning skills and work habits.