



# THAMES VALLEY DISTRICT SCHOOL BOARD

London Central Secondary School

509 Waterloo Street

London Ontario



## COURSE OUTLINE 2018-19

<b>Course Name:</b>	Food and Nutrition	<b>Course Code:</b>	HFN 20
<b>Course Type:</b>	10 Open	<b>Credit Value:</b>	1.0
<b>Teacher(s):</b>	L. Nowakowski		

### 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.

### Course Overall Expectations:

Strand	Overall Expectations
<b>Research and Inquiry Skills</b>	<b>A1. Exploring:</b> explore topics related to food and nutrition, and formulate questions to guide their research;
	<b>A2. Investigating:</b> create research plans, and locate and select information relevant to their chosen topics, using appropriate social science research and inquiry methods;
	<b>A3. Processing information:</b> assess, record, analyse, and synthesize information gathered through research and inquiry;
	<b>A4. Communicating and Reflecting:</b> communicate the results of their research and inquiry clearly and effectively, and reflect on and evaluate their research, inquiry, and communication skills.
<b>Nutrition and Health</b>	<b>B1. Canada's Food Guide:</b> demonstrate an understanding of the nutritional and health recommendations in Canada's Food Guide;
	<b>B2. Eating Patterns:</b> demonstrate an understanding of eating patterns that contribute to optimal physical health;
	<b>B3. Body Image and Attitudes about Food:</b> demonstrate an understanding of factors that contribute to a positive body image and healthy attitudes about food.
<b>Food Choices</b>	<b>C1. Food Needs:</b> demonstrate an understanding of factors affecting people's food needs and of ways of meeting those needs;
	<b>C2. Influences on Food Choices:</b> demonstrate an understanding of various factors that influence food choices;
	<b>C3. Media, Advertising and Food:</b> demonstrate an understanding of how media and advertising messages affect food choices.
<b>Local and Global Foods</b>	<b>D1. Availability of Food:</b> demonstrate an understanding of where various foods are produced;
	<b>D2. Food and Environmental Responsibility:</b> demonstrate an understanding of how various food-purchasing choices and food-preparation practices affect the environment;
	<b>D3. Food Security:</b> demonstrate an understanding of issues related to food security.
<b>Food Preparation Skills</b>	<b>E1. Kitchen Safety:</b> demonstrate an understanding of practices that ensure or enhance kitchen safety;

## Course Overall Expectations:

Strand	Overall Expectations
	<b>E2. Food Safety:</b> demonstrate an understanding of practices that ensure or enhance food safety;
	<b>E3. Food Preparation:</b> demonstrate skills needed in food preparation;
	<b>E4. Kitchen Literacy and Numeracy:</b> demonstrate the literacy and numeracy skills required in food preparation.

## Assessment and Evaluation Strategies:

The purpose of assessment and evaluation is to improve student learning. Assessment and evaluation is based on the provincial curriculum expectations and the achievement levels outlined in the curriculum document. In order to ensure that assessment and evaluation are valid and reliable, and that they lead to the improvement of student learning, teachers use a variety of strategies throughout the course, including: providing students with feedback about their work (known as assessment for learning), helping to set learning goals and monitor their own progress (known as assessment as learning), and evaluation and reporting of progress in the form of grades and marks (known as assessment of learning).

Unit Overview	Assessment and Evaluation Methods (major evaluations listed are subject to late mark deductions)
<b>Unit 1 - Kitchen Basics:</b> <ul style="list-style-type: none"> <li>❖ Kitchen Tools</li> <li>❖ Basic Food Preparation Techniques</li> <li>❖ Kitchen Safety</li> <li>❖ Food Safety</li> <li>❖ Following Recipes</li> <li>❖ Measuring Ingredients Accurately</li> <li>❖ APA Referencing</li> </ul>	<ul style="list-style-type: none"> <li>• Accident Prevention Poster</li> <li>• Bacteria Assignment</li> <li>• Food Safety Test</li> <li>• Recipe For Dummies Assignment</li> <li>• Unit #1 Test</li> </ul>
<b>Nutrition &amp; Canada's Food Guide:</b> <ul style="list-style-type: none"> <li>❖ Canada's Food Guide</li> <li>❖ Key Nutrients</li> <li>❖ Food Labelling</li> <li>❖ Nutritious Meal Planning</li> <li>❖ Healthy Snacking</li> <li>❖ The Importance of Breakfast</li> </ul>	<ul style="list-style-type: none"> <li>• Micronutrient Research Assignment</li> <li>• Unit #2 Culminating Activity</li> <li>• Unit #2 Test</li> </ul>
<b>Our Food Needs &amp; Choices:</b> <ul style="list-style-type: none"> <li>❖ Budgeting</li> <li>❖ Planning For Specific Food Needs</li> <li>❖ Influence On Our Food Choices</li> <li>❖ Childhood Eating Patterns</li> <li>❖ Recognizing Food Marketing Techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Meal Planning Assignment</li> <li>• Unit #3 Test</li> </ul>
<b>Local Foods &amp; Food Security:</b> <ul style="list-style-type: none"> <li>❖ Availability of Local Foods</li> <li>❖ Using Local Ingredients</li> <li>❖ Environmental Impact of Food Choices</li> <li>❖ Environmentally Conscious Food Preparation</li> <li>❖ Food Security In Canada</li> <li>❖ Effects of Nutrient Deficiencies</li> <li>❖ The Research Process &amp; Secondary Research</li> </ul>	<ul style="list-style-type: none"> <li>• Canadian Food Research Assignment</li> <li>• Unit #4 Test</li> </ul>
<b>Final Assessment</b>	<ul style="list-style-type: none"> <li>• Course Culminating (15%)</li> <li>• Final Exam (15%)</li> </ul>

## Assessment and Evaluation Categories and Weights:

Achievement Chart Categories	
Achievement Category	Percentage
Knowledge/Understanding	30
Thinking/Inquiry	20
Communication	20
Application	30

Evaluation/Weight of Marks	
Evaluation	Percentage
Term Evaluation	70
Final Evaluation	
• ISP	15
• Exam	15

## Learning Skills and Work Habits Assessment:

The development of learning skills and work habits is an integral part of student learning. These skills are:

- Responsibility
- Organization
- Independent Work
- Collaboration
- Initiative
- Self-Regulation

Learning skills and work habits influence student achievement and are included as a formal part of the assessment and evaluation process. Learning skills and work habits will be assessed through a variety of teacher strategies. (e.g. observation, student /teacher conference, self-reflection, checklists, exit cards, etc.) These important learning skills and work habits will be formally reported on the Provincial Report Card according to the following scale: E- Excellent, G- Good, S- Satisfactory, N- Needs Improvement.

## Academic Dishonesty - Cheating and Plagiarism:

Learning tasks that students complete as well as the assignments, tests and exams that students submit for evaluation must be their own work. Cheating and plagiarism is a serious offence that will not be condoned. Academic consequences will result.

## Late and Missed Assignments - Student Roles and Responsibilities

Students are expected to:

- be responsible for providing evidence of their achievement of the overall expectations within the time frame specified by the teacher, and in a form approved by the teacher;
- understand that there will be consequences for not completing assignments for evaluation and/or for submitting those assignments late;
- use class time productively;
- in extenuating circumstances, request an extension from the teacher before the due date.

**Mark deductions for late and missed assignments are outlined in the Central Student Planner.**

**References:** *TVDSB Assessment & Evaluation Policy*, September 2011; *Growing Success - Assessment and Evaluation, and Reporting in Ontario Schools*, 2010.  
*Student Planner and School Web site*