

**SOUTH CARLETON HIGH SCHOOL**  
**Ottawa-Carleton District School Board**  
**COURSE OUTLINE**  
**HFN2O/F**  
**Food and Nutrition**

Credit Value: 1 credit

Hours: 110

**Course Overview**

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.

Units of Study	Hrs.	Performance Tasks	Overall Expectations
<b>1. Introduction: Kitchen Safety and Food Safety</b>	12	1. Tests and Quizzes 2. Culminating Activities 3. Group Work	Throughout this course, students will demonstrate skills related to : <ul style="list-style-type: none"> <li>● <b>Exploring</b></li> <li>● <b>Investigating</b></li> <li>● <b>Processing Information</b></li> <li>● <b>Communicating and Reflecting</b></li> </ul> By the end of the course, students will demonstrate knowledge, understanding, critical thinking and application regarding : <ul style="list-style-type: none"> <li>● <b>Nutrition and Health:</b> Canada’s Food Guide, Eating Patterns, Body Image and Attitudes about Food.</li> <li>● <b>Food Choices:</b> Food Needs, Influences on Food Choices, Media, Advertising and Food</li> <li>● <b>Local and Global Foods:</b> Availability of Food, Food and Environmental Responsibility, Food Security</li> <li>● <b>Food Preparation Skills:</b> Kitchen Safety, Food Safety, Food Preparation, Kitchen Literacy and Numeracy</li> </ul>
<b>2. Nutrition and Health</b>	24.5	4. Research Displays 5. Oral Presentations 6. Visual Projects	
<b>3. Food Choices</b>	24.5	7. Web Quests 8. Role Plays 9. Article Analysis	
<b>4. Local and Global Foods</b>	24.5	10. Field Trips 11. Reflective Writing 12. Food Preparation	
<b>5. Food-Preparation Skills</b>	24.5	<b>Summative Performance Tasks</b> Family meal project: preparation and report	

**STUDENT RESPONSIBILITIES**

1. Students are required to attend classes regularly, participate in activities, and submit work on time. Absence for any reason does not remove the responsibility of a student to complete missed work.
2. Students who commit *academic fraud* i.e. *plagiarize or cheat*, and those who miss performance tasks without a legitimate and substantiated excuse risk the successful and timely completion of their work. Tasks consisting of academic fraud will be considered incomplete, as they do not provide a reliable demonstration of student learning.\*
3. All incomplete work will be factored into the final mark. When a student fails to demonstrate learning on a performance task, for any reason, remedial work may be assigned at the teacher’s discretion. In these cases, a reasonable timeline must exist to facilitate the completion and subsequent evaluation of the task.
4. Students may, on occasion, negotiate with the teacher to have an assignment submitted late. All work accepted beyond the original due date, for any reason, will be professionally evaluated. Please note that written feedback and anecdotal remarks on late submissions may not be possible based on time constraints. Additionally, it may be judged necessary to reconsider the value of such work when determining a student’s final grade.

\***Academic Fraud** is defined as any act of dishonesty purposely or carelessly intended to enhance academic performance. **Plagiarism** is defined as the act of taking the written word or original work of another person, without giving due credit, whilst passing it off as ones own.

**EVALUATION**

<u>Term Report</u>	<u>Final Report</u>
<i>Assessment/Evaluation tools include tests/quizzes, culminating activities, performance tasks and rich assessment tasks</i>	Term Work 70%
	Summative Food Preparation and Report 20%
	Final In-class test 10%
Term Work Value: 100% of Term Report Grade	<b>100%</b>

**Key Evaluation Dates:**

**Technological Studies summatives will come due within the school's Summative and Evaluation Period between January 6<sup>th</sup> and 31<sup>st</sup> and June 8<sup>th</sup> to June 30<sup>th</sup>**

**Absence from evaluations during these dates must be substantiated with a medical certificate or equivalent documentation as approved by administration.**

**Accommodations for Exceptional Students**

The technology department makes every effort to accommodate the identified needs of exceptional (IPRC'd) students and will attempt to differentiate curriculum delivery methods, student modes of expression, and assessment methods as recommended by the student's individual education plan (IEP).

***Teaching Strategies***

Units are activity based. Teacher demonstrates and research activities provide the students with the necessary terminology and methodology to complete the activities. Classroom discussions, collaborative and co-operative learning, research, report writing and taking notes will assist students in meeting the course expectations. Upon completion of this course, students will demonstrate the ability to apply skills and knowledge to practical situations that involve the completion of work assignments and problem-solving activities. Students will be expected to use the Internet to find resources for their projects.

**Resources/Textbooks/Technological Integration**

A series of in-house workbooks