



Grand River Collegiate Institute

COURSE OUTLINE

For students and their families

Course Name: Food and Nutrition

Course Code: HFN 1/2OI

Prerequisite:
None

Teacher: Mrs. Harvey

Department: Family Studies

Teacher Contact Information: 519 576 5100 voicemail: 77742202

Curriculum Document : <http://www.edu.gov.on.ca/eng/curriculum/secondary/ssciences9to122013.pdf>

Textbooks: We will be using a number of textbooks and supplementary material throughout this course.

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.

Big Ideas

To earn this credit, students must demonstrate their learning of the following big ideas:

- Appropriate food preparation practices are essential for safety and success in the kitchen.
- Making nutritious food choices is essential to good health
- There are many factors that influence food choices
- Using appropriate social science research methods is critical to exploring and investigating food related topics.
- Individual food choices have an environmental impact at the local and global level.

Essential Learning

Students will:

- Practice kitchen safety and properly prepare food
- Demonstrate kitchen literacy and numeracy skills
- Follow the recommendations in Canada's Food Guide to establish healthy eating patterns
- Investigate factors that contribute to a positive body image and healthy attitudes about food
- Identify factors that affect people's food needs and ways of meeting those needs
- Analyze a variety of factors that influence our food choices with emphasis on media and advertising
- Formulate research questions, create research plans and select info relevant to their topic
- Process information by assessing, recording, analyzing and synthesizing to effectively communicate and reflect on their research
- Identify where various foods are produced and address issues related to food security
- Explain the connection between food purchasing choices and food preparation practices and how they impact the environment

Units

Unit 1 – Food Preparation Skills (Ongoing)	70%		30%
Unit 2 – Research and Inquiry Skills (Ongoing)		Summative Project	
Unit 3 – Nutrition and Health		Summative Practical Cooking Lab	
Unit 4 – Food Choices		Exam	
Unit 5 – Local and Global Issues			

Course Evaluation

Student work will be evaluated using a balance of the Ministry's four achievement chart categories: **knowledge & understanding, thinking & inquiry, application, and communication.**

Throughout the course, teachers will gather evidence of student learning through **observations, conversations, and student-produced work.**

Seventy percent (70%) of the final mark will come from term work, and thirty percent (30%) will come from final evaluations. Report card grades will reflect the student's most consistent level of achievement, with consideration given to more recent evidence.

Refer to the GRCI Web Site www.grc.wrdsb.ca for Assessment, Evaluation and Reporting Policies as well as Academic Honesty and Late Policies.

Guidelines for Assessment, Evaluation and Reporting

1. Learning Skills

The Learning Skills and Work Habits section of the provincial report card is an integral part of a student's learning. Students will be assessed in the following areas:

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

The following scoring system is used for Learning Skills and Work Habits:
E- Excellent G- Good S- Satisfactory N- Needs Improvement

2. Late and Missing Assignments

It is expected that students will complete and submit all essential tasks as they are the opportunity for you to demonstrate your learning to your teacher. **Late assignments will not be accepted for teacher evaluation after the teacher designated cut-off dates.**

3. Attendance

Attendance in classes is an important part of learning, and absences should be avoided. When a student is absent, a parent/guardian must call the school's attendance line on the date of absence, or provide a note explaining the absence for the student to submit the following day. Students are responsible for what they missed during their absence.

4. Cheating and Plagiarism

It is important for students to do their own best work. Most assignments for this class are done within the classroom, observed by the teacher, and this helps to minimize the chances of cheating and plagiarism. In the event that cheating or plagiarism occurs, the following consequences may be implemented, in consultation with administration, depending on the situation:

1. The student may be required to redo all or part of the assignment or assessment.
2. The student may be required to complete an alternate assignment or assessment.
3. The student's work may be treated as a missed assignment.

There may also be other consequences that are determined to be appropriate (e.g. detention, suspension, etc.) as per the school's progressive discipline process. Parents/guardians will be informed about the infraction and the consequences.

Please refer to the school website: <http://grc.wrdsb.ca/about/policies> for more details on these policies and other academic procedures.

Other Course Information and Expectations

1. Attendance: in order to participate and succeed in this course, you must attend on a regular basis. If you know you are going to be absent, please let me know and make sure to take the initiative to get caught up when you return. *Validate your absence before coming to class the next day.
2. Any missed tests/assignments are due the **FIRST DAY BACK after an absence** unless you have made **previous** arrangements with me.
3. All electronic devices should not be seen or heard during class time unless specifically authorized by the teacher.
4. If you need **EXTRA HELP** please make time to come and see me.

Looking forward to a great semester,

Mrs. Harvey



Signatures

Please sign below indicating you have read and understood this course outline, including the requirements for successful completion of this course, and return this sheet to your teacher.

Student Name (Please Print)

Parent/Guardian Name (Please Print)

Student Signature

Parent/Guardian Signature

Date

Date

Parent(s)/Guardian(s) please provide me with your contact information in case I need to contact you regarding your son/daughter. Thank you.

Phone number: _____
(Daytime)

_____ (Evening)

Email: _____

Food Allergy/Restriction

Reaction

I carry an EpiPen.

Location of EpiPen:

