

**HOLY TRINITY CATHOLIC SECONDARY SCHOOL
COURSE OUTLINE**



Name of Course/Course Code: Food and Nutrition, Grade 10 Open, HFN 20

Course Prerequisite: None

Course Description:

This course explores the factors that affect attitudes and decisions about food as they relate to the following: individual and family needs, nutritional health, well-being, body image, and Canadian/Global food issues. Students are introduced to research, critical thinking and creative skills as they relate to the scientific study of food and nutrition. By investigating agricultural food production and global food issues (e.g., hunger), students will learn how they can help their community by actively participating in community service programs. Students will acquire knowledge, skills and values while participating in food labs, individual and group work, oral presentations and community service. As an interdisciplinary subject students will become aware of the connection of food and nutrition to other subjects; e.g., religion, geography, science.

Catholic Graduate Expectations:

Students will read scripture and Catholic doctrine in order to emulate Jesus Christ when making decisions involving food, family, moral conscience and community. Students will be witnesses to God when preparing prayers before all school meals. By investigating food production and global issues, they will be 'called to life in community'. When examining 'body image', they will realize the importance of the 'dignity of the human person'. Through research, presentations, individual work and group work students will practise becoming effective communicators who respond critically in light of gospel values. While acquiring knowledge about food customs/traditions/religious laws of other cultures, they will have opportunities to demonstrate equality and respect between people.

Units of Study

Unit 1	Investigation of Food Choices
Unit 2	Food Needs of Individuals and Families
Unit 3	Nutrition, Health, and Well-Being
Unit 4	Body Image
Unit 5	Food From Canadian and Global Perspectives

Evaluation

70%	30%
Knowledge/Understanding	Culminating Task
Thinking/Inquiry	15%
Communication	Exam
Application	15%

Course Resources Required:

For a detailed course description of this course, please visit
<https://www.edu.gov.on.ca/eng/curriculum/secondary>