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**Vincent Massey High School  
Foods and Nutrition 20G  
Course Outline  
2008-09**

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**Course Title:** Foods and Nutrition 20G

**School Year and Semester:** 2008-09 – Semesters 1 & 2

**Teachers:** Mrs. K. Johnston, Mrs. Laura Lamb

**Course Description:** This course examines the effects of food on daily living and fitness. Strategies are developed for meeting food needs taking into consideration personal energy and time demands, skill level, and financial resources. Labs provide practice in planning, preparing, and serving food that is nutritious, safe, and appealing to the senses.

**General Learning Outcomes:**

- Students will be able to analyze influences on personal food selection.
- Students will be capable of assessing the contribution of nutrients to the healthy functioning of the body.
- Students will become knowledgeable of major food sources of macronutrients and micronutrients.
- Students will develop skills in recognizing food practices that place individuals at higher health risk.
- Students will gain experience in applying nutritional knowledge and effective resource use to planning meals that meet individual and family needs.
- Students will gain a greater awareness of the role of government and consumer in ensuring a safe and healthy food supply.
- Students will further develop their skills in planning, preparing, and serving nutritious, safe, and sensory-satisfying meals.

**Course Evaluation Structure:**

- Assignments/Projects: 25%
- Food Labs: 25%
- Unit Tests: 25%
- Food Lab Exam: 5%
- Final Exam: 20%

**Course Final Standing**

The final mark for term work, within the respective categories (tests, assignments, labs, and projects) will be cumulative.

## Unit Descriptions

**Unit 1 Title:** Factors Affecting Food Choices

**Approximate Instructional Time for Unit of Study:** 4 weeks

**Learning Outcomes:**

- Understanding of influences on food choices
- Experience in measuring, cutting and mixing procedures
- Knowledge of food safety and kitchen safety practices
- Awareness of the food customs of various cultures

**Evaluation:**

- Assignments: 25 marks
- Projects:  
*Personal Influences Collage:* 15 marks  
*Cultural Food Project:* 75 marks
- Food Labs – approximately four, 20 marks each
- TEST ONE: 50 marks

**Unit 2 Title:** Nutrients, Food Sources, and Functions

**Approximate Instructional Time for Unit of Study:** 4 weeks

**Learning Outcomes:**

- Identification of major food sources of nutrients
- Knowledge of the role of the various nutrients in the body
- Understanding of how the body breaks down Carbohydrates, Fats, and Protein
- Identification and evaluation of physical and chemical changes during food preparation

**Evaluation:**

- Assignments: 50 marks
- Projects:  
*Chemical and Physical Properties Lab:* 20 marks  
*Nutrient Project:* 15 marks  
*Computer Diet Analysis:* 20 marks
- Food Labs – approximately six, 20 marks each
- QUIZES (2): 20 marks each
- TEST TWO: 100 marks

**Unit 3 Title:** At-Risk Food Practices

**Approximate Instructional Time for Unit of Study:** 4 weeks

**Learning Outcomes:**

- Identification of food practices which place individuals at higher health risk
- Understanding of the major dietary related diseases in North America today
- Awareness of the role of government and consumer in ensuring a safe and healthy food supply
- Strategies for evaluating fad diets

**Evaluation:**

- Assignments: 25 marks
- Projects:
  - Research Paper on Food-Related Disease:* 20 marks
  - Vegan booklet:* 20 marks
  - Fad Diet Research:* 20 marks
  - Nutrition Campaign:* 20 marks
- Food Labs – approximately six, 20 marks each
- TEST THREE: 100 marks

**Unit 4 Title:** Planning Meals to Meet Needs

**Approximate Instructional Time for Unit of Study:** 5 weeks

**Learning Outcomes:**

- Knowledge of both physical and social changes related to food and age
- Use of nutritional knowledge and effective resources in planning meals to meet individual and family needs
- Experience in planning, preparing and serving nutritious items to specific groups of people
- Practice in determining and managing food costs

**Evaluation:**

- Assignments: 40 marks
- Projects:
  - Preschoolers' Snack:* 20 marks
  - Field Trip to Seniors Residence:* 15 marks
  - Consumer Assignment:* 30 marks
- Food Labs – approximately four, 20 marks each
- TEST FOUR: 50 marks