District School Board of Niagara
Sir Winston Churchill Social Science Department
Food and Nutrition Sciences
Grad 12 University/College Preparation
HFA 4M

**Teacher:** S. Bilon

**Course Description:** This course examines various nutritional, psychological, social, cultural, and global factors that influence people’s food choices and customs. Students will learn about current Canadian and worldwide issues related to food, frameworks for making appropriate dietary choices, and food-preparation techniques. This course also refines students’ skills used in researching and investigating issues related to food and nutrition.

**Prerequisite:** Any university, university/college, or college preparation course in social sciences and humanities, English, or Canadian and world studies.

(Ontario Curriculum Grades 11 and 12, Social Sciences and Humanities, 2000)

**Course Units:**
1. Course Introduction: Kitchen and Food Safety
2. Nutrition Essentials for Health and Well-Being
3. The Role of Nutrition throughout the Life Cycle
4. Canada and the Global Food Supply
5. Contemporary Issues in Food
6. Culminating Activity

**Assessment and Evaluation**
- Enabling Tasks 40%
- Summative Tasks 30%
- Final Demonstration 15%
- Final Exam 15%

**Textbooks:**