

Food and Nutrition

The food and nutrition area of study provides students with opportunities to explore their relationships with food in both a theoretical and practical way that can enhance one's health and well-being. It also provides knowledge and skills that have immediate relevance to students' lives, as well as lifelong applications personally, within families, in their communities, and on a global scale. The goal of this area of study is to shape students to become informed consumers and responsible citizens.



Course Description

Grade 10 Food and Nutrition focuses on the individual within the family unit and the influence that marketing and media have on family food choices. Students will gain a strong understanding of the categories of nutrients, why our bodies need them, and what foods are consumed for health and well-being. The course provides opportunities for students to further develop food preparation skills in a practical setting.

Career Pathways

Career pathways in food and nutrition include marketing, hospitality, production, industry, technology, science, public health, and education.

Goals

- 1. Technical and Applied Skills:** The learning experiences in this goal will assist students as they develop the knowledge and skills they need to create products that support individuals, families, and communities. Students will be given the opportunity to explore their ideas through practical experiences in a safe and supportive environment.
- 2. Fundamentals of Nutrition:** The learning experiences in this goal will assist students as they develop the knowledge and skills they need to evaluate nutrition knowledge and develop an appreciation of food to enhance the health and well-being of individuals, families, and communities.
- 3. Citizenship and Sustainability:** The learning experiences in this goal will assist students as they develop the knowledge and skills they need to become citizens who look critically at people's quality of life—locally, nationally, and globally—with the desire to make positive changes towards a sustainable and equitable future.
- 4. Relationships and Influences:** The learning experiences in this goal will assist students as they develop the knowledge and skills they need to build and maintain positive relationships and to understand the issues and challenges that affect individuals, families, and communities.
- 5. Career Development:** The learning experiences in this goal will assist students in developing the knowledge and skills necessary for effective communication, teamwork, and leadership that contribute to success in learning, life, and work.