

# Food and Nutrition

The food and nutrition area of study teaches about healthy relationships with food through theoretical and practical food experiences. A study of food and nutrition can expose students to accurate information and provide opportunities for them to gain competence in making informed choices. The learning outcomes develop skills, knowledge, and understanding of basic food preparation and nutrition.



## Career Pathways

Career pathways in food and nutrition include marketing, hospitality, production, industry, technology, science, public health, and education. Food and nutrition education provides Middle Years students with experiential learning opportunities to experiment, discover their interests, and develop new knowledge and skills. Students can explore their interests and discover opportunities to make informed high school course selections, as well as informed post-secondary and employment decisions.

## 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 to become citizens who look towards positive changes to connect with community.
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 to understand the issues and challenges that affect individuals, families, and communities.
5. **Career Development:** The learning experiences in this goal will assist students as they develop the knowledge and skills that are necessary for effective communication, teamwork, and leadership for success in learning, life, and work.