



Mrs. Carina Jardine

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Google Classroom Code

Slot D- kxnhno3

Slot E- mv2vqsf

- Nutrition 2102

- Unit 1:

- Food Choices and Nutritional Needs (36%)

This unit is intended to provide students with a basic knowledge of nutrients, Canada's Food Guide, and the interplay between these and our health throughout the lifecycle. Lab experiences will give students an opportunity to prepare nutrient-rich foods using methods that preserve nutrient content. As students are faced with food decisions on a daily basis, and will continue to be as they approach adulthood, they should have the competency to make reasoned decisions regarding food and their effect on one's health.

- Unit 2:

- Food Selection, Preparation and Storage(36%)

The knowledge and skills needed to make healthy food choices and store food safely are highlighted in this unit through practical applications. Some examples are, using nutrition labels to select nutrient dense foods that coincide with nutritional needs and preparing food using appropriate techniques and safe food practices. Students also critically examine the broader concepts of food marketing and messaging.

- Unit 3:

- Menu and Meal Planning (36%)

This unit focuses on the skill of planning and preparing healthy meals using appropriate, available resources. Career explorations are identified as a specific curriculum outcome in this unit but there are many opportunities throughout the course of study to highlight the diversity of career options in the food industry. As in previous units, the food preparation labs are not limited to this unit. Food preparation may be incorporated into the other units as appropriate topics arise.

(10% of each unit is based on lab work)