

Vincent Massey High School
Foods and Nutrition 20G
Course Outline

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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 selections.
- 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 the 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 20%
- Unit Tests 25%
- Food Lab Exam 10%
- Final Exam 20%

Unit Descriptions

Unit 1: 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:

Projects	
Personal Influences Collage	Weight 2
Cultural Food Project	Weight 5
Food Labs (approx. 6)	Weight 1 (each)
TEST ONE	Weight 4

Unit 2: 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 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:

Projects	
Nutrient Project	Weight 4
Computer Diet Analysis	Weight 4
Food Labs (approx. 6)	Weight 1 (each)
TEST TWO	Weight 4

Unit 3: At-Risk Food Practices

Approximate Instructional Time for Unit of Study: 6 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 ensuring a safe and healthy food supply
- Strategies for evaluating fad diets

Evaluation:

Projects	
Research Paper on Food-Related Disease	Weight 2
Vegan Booklet	Weight 3
Fad Diet Research	Weight 4
Food Labs (approx. 10)	Weight 1 (each)
TEST THREE	Weight 4

Unit 4: Planning Meals to Meet Needs

Approximate Instructional Time for Unit of Study: 3 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 nutrition items to specific groups of people
- Practice in determining and managing food costs

Evaluation:

Projects	
Preschooler's Snack	Weight 2
Nutrition Timeline	Weight 4
Food Labs (approx. 6)	Weight 1 (each)
TEST FOUR	Weight 4

Student Responsibility Guidelines for Assessment and Evaluation

Students actively engaged in their learning are the essence of the Brandon School Division's mission of educating the whole child.

The assessment, evaluation and reporting of student learning and achievement involves students, teachers, principals, parents, superintendents and the Board of Trustees. It is the responsibility of professional educators to assess, evaluate, and report on each student's degree of engagement and resulting learning outcomes. Such assessment, evaluation and reporting is a continuous and fundamental part of the student's learning process. Students are responsible for:

- their own learning with the expertise, assistance and motivation of their teachers;
- engaging individually and collectively in school/community learning opportunities;
- improving their learning involvement
- playing an active role in assessing their own learning
- providing evidence of their learning within established timelines

The purpose of this document is to identify student responsibilities in assessment and evaluation practices, provide clear guidelines and consequences so students can make informed decisions, and to provide structures that improve the relationship between student learning and assessment.

All assessments and/or evaluations will be assigned a reasonable completion date by the classroom teacher.

When a student demonstrates negligence and/or disregard towards the assessment and/or evaluation due date, the teacher can assign a "0" grade for the incomplete assessment and/or evaluation.

For a "0" grade to remain permanent on the student's record for that unit of study, a teacher's records will demonstrate that he/she had advised the student and the parent/guardian that there was an opportunity to complete the original assessment or an alternate assessment, but that it would have been penalized in accordance to divisional guidelines.

Penalization for late assessments is as follows:

- Grade 9 – 10%
- Grade 10 – 15%
- Grade 11 – 20%
- Grade 12 – 25%

Example: Grade 10 student receives 80% for a late assessment. The penalty for the late assessment would be $(80)(0.15)=12$. The adjusted mark would be $80-12=68\%$.

Once the late assessment is marked, the penalized assessment mark will replace the "0" grade that was originally assigned to the student by the teacher.

If the original or alternate assessment is not submitted by the new completion date or if the student refuses to submit a required assessment, the "0" grade assigned to it will remain on the student's evaluation records. The "0" grade(s) will be calculated into the student's final mark for the unit of study and will be used in the calculation of the final grade of the course.