



Durham District School Board

Brooklin High School

Social Sciences and Humanities Department

Course Outline: **NUTRITION and HEALTH,**

Grade 12, University Preparation

Department Head: V. Hodowanski

Teacher:

Course Code: HFA 4U

Credit Value: 1.0

Prerequisite: Any U or M course in social sciences and humanities, English, or Canadian and world studies

Course Description: This course examines the relationships between food, energy balance, and nutritional status; the nutritional needs of individuals at different stages of life; and the role of nutrition in health and disease. Students will evaluate nutrition-related trends and will determine how food choices can promote food security and environmental responsibility. Students will learn about healthy eating, expand their repertoire of food-preparation techniques, and develop their social science research skills by investigating issues related to nutrition and health.

Overall Curriculum Expectations: Units of Study:

Research and Inquiry Skills
 Nutrition and Health
 Eating Patterns and Trends
 Local and Global Issues
 Food-Preparation Skills

Introduction – Food and Kitchen Safety
 Unit 1 – Nutrition and Wellness
 Unit 2 – Healthy Eating For Life
 Unit 3 – Feeding Canada and The World

Assessment & Evaluation:

Term Work:

Labs & Food Preparation Skills 20%
Assignments / Presentations / Research and Inquiry Skills
(Exploring, Investigating, Processing Information and
Communicating and Reflecting) 30%
Tests / Quizzes 20%

Final Summative/Cumulative Work:

Exam 20%
Summative/Cumulative Projects 10%

70%

Assessment and evaluation will encompass the following Achievement Chart Categories will be used for individual evaluations:

- Knowledge/Understanding
- Thinking/Inquiry
- Communication
- Application

This course will involve a number of assessment and evaluation strategies that will provide all students an opportunity to meet with success.

30%

Learning Skills and Work Habits: The following Learning Skills and Work Habits are evaluated regularly using a scale of Excellent, Good, Satisfactory or Needs Improvement: Responsibility, Organization, Independent Work, Collaboration, Initiative, Self-Regulation.

Textbook: *Pacific Educational Press UBC: Nutrition and Health*

Resource Materials: Students will be expected to come prepared to class every day. They will require a 3-ring binder with lined paper, pen, pencil and a hair tie (for long hair). The course enhancement of \$40 will cover basic food consumable supplies. When possible students are encouraged to bring their own technological devices to class such as a tablet, laptop and/or smartphone. During food labs students MUST wear close toed shoes with a solid structure (no sandals, flip flops, high heels etc).

Teaching Strategies: This course focusses on applied skill development and inquiry based teaching and learning. The responsibility of learning is shared. The teacher assists, helps, facilitates, consults and gives direction to the class and course content. Learning requires a linking of new information and facts to other learning. There is an expectation that everyone will do their best to think positively, contribute ideas and develop their potential. Rules of etiquette and good manners are always used. Students are required to use all equipment and food safely and responsibly. A variety of teaching and learning strategies will be incorporated throughout the course, some of these strategies are:

- *Hands-On Learning and Food Preparation*
- *Digital Dietary Analysis*
- *Inquiry Based Activities*
- *Direct Instruction*
- *Print and Online Research Tools*
- *Concept / Theory Quizzes and Tests*
- *Reflections / Learning Goals / Success Criteria / Big Ideas / Descriptive Feedback*

Curriculum Guidelines: The discipline of social sciences and humanities systematically explore the ways in which individuals influence and are influenced by families, communities, cultures, institutions, and societies, and by ideas, norms, and values. The social sciences – represented by courses in equity studies, family studies, and general social sciences at Brooklin High School – explore individual and collective human behaviour and needs as well as patterns and trends in society. Courses in this area shed light on a variety of social structures, institutions, relationships, and power dynamics.

Social Sciences and humanities courses provide students with essential knowledge and transferable skills that are applicable in various areas of their lives – in their personal and family lives as well as their postsecondary studies and in the workplace. Students will be exposed to social theories, specialized concepts, and research findings, as well as a range of tools related to investigation and analysis, to help them understand themselves, their families, their communities, and society as they strive to find meaning in the world around them.

Effective learning in the social sciences and humanities depends on the development of skills and understanding in the following areas:

- *Disciplined Inquiry and Critical Thinking*
- *Problem Solving*
- *Understanding Self and Others*
- *Local and Global Mindedness*
- *Health and Safety*
- *Environmental Education*
- *Healthy Relationships*
- *Equity and Inclusive Education*
- *Financial Literacy*
- *Literacy and Research Skills*

Additional Information: Please refer to the Student Handbook for important information regarding Evaluation Procedures; Late and Missed Assignments; Tests and Academic Integrity

Students are expected to behave in an academically honest manner including submitting their own work and referencing all necessary sources. Academic dishonesty includes cheating, plagiarism, and sharing answers or ideas and will result in consequences as outlined in the school Code of Conduct and Student Handbook.

Also, this is just a reminder/reference of what it is outlined in the **Student Handbook**:

Cheating/Plagiarism

Cheating and plagiarism are serious concerns. Plagiarism and/or cheating may result in a mark of zero or incomplete. Brooklin High School has set out clear guidelines which outline student expectations to prevent academic dishonesty. Students are expected to be honest and commit to academic integrity.

Plagiarism is defined as the use of the thoughts or ideas of someone else by a student without crediting the source. If you use part or all of any other person's book, essay, magazine article, chart drawing, diagram or any other piece of work in any of your assignments without proper acknowledgement, you are plagiarizing. Even with proper accreditation information must be paraphrased and reworded. Direct quotations should be used sparingly and must appear within quotation marks. If you submit an assignment written by anyone else (e.g., a relative, friend, or another student) or if you buy an essay or present information taken from the Internet as your own, you are plagiarizing. Plagiarized assignments may be given a mark of zero or incomplete and parents notified.

Cheating and/or copying answers from other students, referring to notes, books, laptop computers, cellular phones, or other programmable electronic devices, without written permission is prohibited. Using smart phones to discuss or obtain answers from another student, whether present in the classroom or not, is prohibited. Plagiarism and cheating decisions will reflect the following four factors: the grade level of the student, the maturity of the student, the number and frequency of incidents and the individual circumstances of the student. Plagiarizing and/or cheating on a final summative assignment may incur a more serious consequence than a term assignment. A record of the plagiarism/cheating incident will be forwarded to school administration for record keeping and possible additional progressive discipline.