



ST. THOMAS AQUINAS SECONDARY SCHOOL

25 Corporation Drive
Brampton ON, L6S 6A2
Phone: 905.791.1195

COURSE OUTLINE

Department Name:	Family Studies
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Course Name:	Nutrition and Health
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Course Description:	This course focuses on the relationship between nutrition and health at different stages of life and on global issues related to food production. Students will investigate the role of nutrition in health and disease and assess strategies for promoting food security and environmental responsibility. Students will learn about healthy eating, expand their repertoire of foodpreparation techniques, and refine their ability to use social science research and inquiry methods to investigate topics related to nutrition and health.	
Strands/ Units:	<u>Unit Titles:</u>	
	Unit 1	Food-Preparation Skills
	Unit 2	Nutrition and Health
	Unit 3	Eating Patterns and Trends
	Unit 4	Local and Global Issues
Corresponding Catholic Graduate Expectation Indicators for each Strand/Unit	This course will help students address the Ontario Catholic School Graduate Expectation that they respect and understand the history, cultural heritage and pluralism of today's contemporary society.	

Assessment and Evaluation:

Course Code and Section:	HFA4C1-01
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Category Weightings	Weight
Knowledge/Understanding	25%
Thinking	20%
Application	30%
Communication	25%

Final Summative Assessments	Grade Distribution
Term Work	70%
Course Culminating	20%
Exam	10%