

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.
Strands:	<ul style="list-style-type: none"> - Research and Inquiry Skills - Nutrition and Health - Eating Patterns and Trends - Local and Global Issues
Units:	<ul style="list-style-type: none"> - Food-Preparation Skills - <p>Unit 1 – Food-Preparation Skills Unit 2 – Nutrition and Health Unit 3 – Eating Patterns and Trends Unit 4 – Local and Global Issues Unit 5 – Research and Inquiry Skills</p>

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.
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Assessment and Evaluation:

Category Weightings	Weight
Knowledge/Understanding	20%
Thinking	30%
Application	30%
Communication	20%

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