



# 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:	Food and Nutrition
Course Code and Section:	HFN201-01

Course Description:	This course focuses on guidelines for making nutritious food choices. Students will investigate factors that influence food choices, including beliefs, attitudes, current trends, traditional eating patterns, food-marketing strategies, and individual needs. Students will also explore the environmental impact of a variety of food choices at the local and global level. This course provides students with opportunities to develop foodpreparation skills and introduces them to the use of social science research methods in the area of food and nutrition.	
Strands/ Units:	<b>Strands:</b> <ul style="list-style-type: none"> <li>✓ Research and Inquiry Skills</li> <li>✓ Nutrition and Health</li> <li>✓ Food Choices</li> <li>✓ Local and Global Issues</li> <li>✓ Food-Preparation Skills</li> </ul> <b>Unit Titles:</b>	
	Unit 1	Food Choices
	Unit 2	Food Preparation Skills
	Unit 3	Nutrition and Health
	Unit 4	Local and Global Issues

<b>Corresponding Catholic Graduate Expectation Indicators for each Strand/Unit</b>	This course will help students address the Ontario Catholic School Graduate Expectation that they achieves excellence, originality, and integrity in one's own work and supports these qualities in the work of others.
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**Assessment and Evaluation:**

<b>Category Weightings</b>	<b>Weight</b>
Knowledge/Understanding	25%
Thinking	20%
Application	30%
Communication	25%

<b>Final Summative Assessments</b>	<b>Grade Distribution</b>
Term Work	70%
Course Culminating	20%
Exam	10%