

Student's Name _____

Course Name Family Studies Nutrition 2102

R - retain, D - delete, C - changed	R	D	C	Changed outcomes
Outcomes				
UNIT ONE FOOD CHOICES AND NUTRITIONAL NEEDS				
Knowledge and Understanding				
Students will be able to				
1 identify personal and family influences on food choices. (KSCO 1)				
2 identify societal and media influences on food choices. (KSCO 1)				
3 demonstrate an understanding of the role of nutrients and their food sources. (KSCO 3)				
4 demonstrate an understanding of the role of supplements (KSCO 3)				
5 demonstrate an understanding of the key concepts of <i>Eating Well with Canada's Food Guide</i> . (2007)				
6 demonstrate an understanding of food sources to meet nutritional requirements at various stages of the life cycle. (KSCO 2)				
Skills and Abilities				
Students will be able to				
1 evaluate foods and/or menus for nutritional content. (KSCO 1)				
2 propose and evaluate strategies for making improvements in current eating practices and food habits. (KSCO 1)				
3 create a healthy eating plan for various stages of the lifecycle. (KSCO 1)				
Attitudes and Behaviours				
Students will be able to				
1 set healthy eating goals and develop plans to achieve these. (KSCO 1, 2, and 3)				
UNIT TWO FOOD SELECTION, PREPARATION AND STORAGE				
Knowledge and Understanding				
Students will be able to				
1 demonstrate an understanding of basic principles of grocery shopping. (KSCO 4)				
2 identify the advantages and disadvantages of fresh, frozen, canned and processed foods. (KSCO 4)				
3 demonstrate an understanding of food labeling. (KSCO 4)				
4 demonstrate an understanding of the importance of proper storage. (KSCO 4)				
5 demonstrate an understanding of how to preserve or maximize nutritional content of foods. (KSCO 4)				
6 demonstrate an understanding of some basic food preparation techniques. (KSCO 4)				

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UNIT TWO cont'd				
Skills and Abilities				
Students will be able to				
1 analyse food storage practices for safety, preservation of nutritional value and avoidance of waste. (KSCO 2)				
2 have the ability to apply sanitation practices to food preparation and services. (KSCO 2)				
3 use a food label as a tool in making food choices. (KSCO 5)				
4 choose a range of foods to meet nutritional requirements. (KSCO 5)				
5 propose strategies to address daily challenges to healthy eating.. (KSCO 5)				
6 critically analyse some common food marketing practices and techniques. (KSCO 5)				
7 critically analyse the impact of the messages about food portrayed in the media. (KSCO 5)				
8 propose strategies to address the negative effects of food advertising on healthy eating. (KSCO 5)				
Attitudes and Behaviours				
Students will be able to				
1 set healthy eating goals and develop plans to achieve these. (KSCO 1, 2, 3)				
UNIT THREE MENU AND MEAL PLANNING				
Knowledge and Understanding				
Students will be able to				
1 identify career opportunities in the area of foods and nutrition. (KSCO 10)				
Skills and Abilities				
Students will be able to				
1 use a range of food preparation techniques to prepare foods/recipes for each of the food groups. (KSCO 3 and 6)				
2 effectively use the resources available at home, in the school and in the community to prepare and serve food. (KSCO 6)				
Attitudes and Behaviours				
Students will be able to				
1 set healthy eating goals and develop plans to achieve these. (KSCO 1, 2 and 3)				