

Student's Name _____

Course Name Family Studies Nutrition 3102

R - retain, D - delete, C - changed	R	D	C	Changed outcomes
Outcomes				
UNIT ONE FOOD NUTRITION AND HEALTH				
Knowledge and Understanding				
Students will be able to				
1 demonstrate a knowledge of the nutrients.				
2 demonstrate a knowledge of the role of nutrition in health.				
3 demonstrate an understanding of the interplay between the psycho-social environment and food choices.				
4 identify the relationship between diet and disease prevention and/or management.				
5 demonstrate an understanding of specific lifestyles on nutritional requirements				
Skills and Abilities				
Students will be able to				
1 use a range of food preparation techniques to prepare foods/recipes for several of the special dietary conditions				
2 propose healthy eating strategies for prevention and management of chronic diseases and for specific lifestyle choices.				
3 propose healthy eating strategies for the management of chronic diseases.				
4 propose healthy eating strategies for specific lifestyle choices				
Attitudes and Behaviours				
Students will be able to				
1 set healthy eating goals and develop plans to achieve these.				
UNIT TWO FOOD TECHNOLOGY AND PRODUCTION				
Knowledge and Understanding				
Students will be able to				
1 demonstrate an understanding of the origins of food, how it is produced and reaches our table.				
2 demonstrate an understanding of how Canada contributes to its own food supply and that of other countries.				
3 demonstrate an understanding of which foods are locally produced.				
4 demonstrate an understanding of the primary food sources in Canada.				
5 demonstrate an understanding of the advances in food production.				
6 demonstrate an understanding of trends and societal influences on food production				

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Outcomes				
UNIT TWO cont'd				
Knowledge and Understanding cont'd				
Students will be able to				
7 demonstrate an understanding of the impact of food production trends and technological advances on health.				
8 demonstrate an understanding of food biotechnology and its related issues.				
9 identify the rights and responsibilities of consumers in selecting and purchasing food and nutritional products.				
10 be knowledgeable of the existence of municipal, provincial and federal regulations as they relate to food safety.				
Skills and Abilities				
Students will be able to				
1 evaluate the use of technology in food packaging materials and how it has impacted the management and use of family resources.				
2 investigate the use of technological advances in the production of convenience foods and how these advances affect the management and use of family resources.				
3 assess the impact of purchasing food trend items such as organic food products on the family food budget.				
Attitudes and Behaviours				
Students will be able to				
1 incorporate aspects of food technology and production into a personal healthy eating plan				
UNIT THREE FOOD SECURITY				
Knowledge and Understanding				
Students will be able to				
1 understand what it means to have a secure food system.				
2 have an awareness of the complexity of the issues around food security				

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UNIT THREE FOOD SECURITY cont'd				
Knowledge and Understanding cont'd				
Students will be able to				
3 understand the relationship between poverty and access to/availability of food.				
4 develop an understanding of economic influences on food security.				
Skills and Abilities				
Students will be able to				
1 propose environmental interventions that contribute to good management of natural resources related to food supply.				
2 develop action plans aimed at addressing food security issues as individuals, communities and nations.				
Attitudes and Behaviours				
Students will be able to				
1 Realize the important role of food security in the healthy development of family members				
2 Assess skills aimed at increasing food security and their application to personal and family situations.				