

GRADE 10 FOOD AND NUTRITION

2022/2023

MCCREARY SCHOOL

Level: Grade 10

Code: 439

Program Designation: 20S

Credit Value: 1.0 credit

Prerequisites: None

Course Times: Day 2 and Day 5 9:00-12:00

TEACHER CONTACT INFORMATION

Mrs. A. Dmytriw School Phone Number - 204-835-2083 Email - admytriw@trsd.ca

COURSE OVERVIEW

Grade 10 Food and Nutrition focuses on the individual within the family unit and the influence that marketing and media have on family food choices. Students will gain a strong understanding of the categories of nutrients, why our bodies need them, and what foods are consumed for health and well-being.

COURSE GOALS

1. Technical and Applied Skills: The learning experiences in this goal will assist students as they develop the knowledge and skills, they need to create products that support individuals, families, and communities. Students will be given the opportunity to explore their ideas through practical experiences in a safe and supportive environment.

2. Fundamentals of Nutrition: The learning experiences in this goal will assist students as they develop the knowledge and skills, they need to evaluate nutrition knowledge and develop an appreciation of food to enhance the health and well-being of individuals, families, and communities.

3. Citizenship and Sustainability: The learning experiences in this goal will assist students as they develop the knowledge and skills they need to become citizens who look critically at people's quality of life—locally, nationally, and globally—with the desire to make positive changes towards a sustainable and equitable future.

4. Relationships and Influences: The learning experiences in this goal will assist students as they develop the knowledge and skills they need to build and maintain positive relationships and to understand the issues and challenges that affect individuals, families, and communities

5. Career Development: The learning experiences in this goal will assist students in developing the knowledge and skills necessary for effective communication, teamwork, and leadership that contribute to success in learning, life, and work.

COURSE PACING/MAJOR ASSIGNMENTS

Goals 1 and 5. These goals will be spiraled throughout the course. A major focus will be sanitation and safety. Students will participate in cooking labs to demonstrate skills learned in class.

Goal 1: Demonstrate technical and applied skills.

- a. Demonstrate appropriate sanitation practices
- b. Create and maintain a safe working environment
- c. Demonstrate safe and sanitary food handling practices
- d. Demonstrate literacy skills as they apply to food and nutrition
- e. Demonstrate numeracy skills as they apply to food and nutrition

Goal 2: Demonstrate understanding of the fundamentals of nutrition. (8 weeks)

- a. Develop an understanding of nutrients
- b. Demonstrate food literacy for achieving and maintaining health and wellness
- c. Develop understanding of the relationship between food choices and health/wellness

Goal 3: Demonstrate understanding of citizenship and sustainability (4 weeks)

- a. Explore issues around food security and social justice
- b. Explore sustainable food production and consumption practices

Goal 4: Demonstrate understanding of relationships and influences around food choices. (4 weeks)

- a. Develop understanding of influences on food choices
- b. Develop understanding of healthy food relationships

Goal 5: Demonstrate understanding of career development and the skills required.

- a. Demonstrate personal and social skills
- b. Demonstrate thinking and decision-making skills.
- c. Demonstrate teamwork skills
- d. Demonstrate project management skills

- e. Explore careers related to food and nutrition

The full curriculum may be found at

www.edu.gov.mb.ca/k12/cur/teched/he_framework/docs/food-nutrition/gr9-12-full.pdf

Student's assignments will consist of written assignments and cooking assignments. Major assignments will focus on Food born illnesses, nutrients, Canada Food Guide, Nutrition-related illnesses, Food origins and eating disorders.

There will be tests, written assignments, group projects, and leave slips used throughout the course.

*Course pacing and assignments are subject to change at the teacher's discretion.

MATERIALS

Students are expected to bring the following materials to all classes:

-pen/pencil, binder with loose leaf or notebook with lined pages

- textbooks will be kept in the classroom until needed –

Textbooks: Nutrition and Healthy Eating, Choices, Practices, and Patterns –McGraw-Hill Ryerson

Food in Society – McGraw-Hill Ryerson

EVALUATION

Course work will be worth 70% of your final mark and the final exam will be worth 30%. All course work will be cumulative. There will be a variety of assessment tools utilized, rubrics, tests, antidotal etc. Formative assessment will include homework checks, leave slips etc. The final exam will be a project.

An assignment is due on the due date. Students who are unable to meet that due date must make arrangements with the teacher or take an incomplete. Teachers will use their discretion based on circumstances to make their final decision. An incomplete will result in a mark of zero.

Behavioural Assessment

Students will be assessed as per the guidelines from the Manitoba provincial report card, in the areas as follows:

Personal Management Skills - Organizes material, uses class time productively, works independently, completes all work on time, persists when faced with challenges, seeks help when needed, demonstrates a strong work ethic, shows patience, demonstrates on-task behaviour, sets personal management goals

Active Participation in Learning - Shows interest, asks questions, takes initiative, self-assesses work quality based on criteria, uses feedback to improve learning, uses criteria to provide feedback, uses a variety of media for communication, investigates questions, hypothesizes, analyzes

Social Responsibility - Works and interacts well with others, is welcoming and positive, shares resources and equipment with others, respects school values, respects and follows classroom routines, takes an equitable share in group work, is courteous, respects the need for safety, sets personal management goals

ADDITIONAL INFORMATION

1. Students are expected to be on time for class. A student will be marked absent if he/she is 10 or more minutes late to class. The student will be expected to wait quietly at the classroom door until the teacher addresses the student's tardiness. It is up to the teacher whether to allow the student to enter the classroom.
2. Students are expected to be in class daily. If a student is absent from 5 or 10 classes, parents will receive an email or letter. After 10 absences there may be a meeting with the teacher and/or principal, parents and student to identify the barriers/obstacles preventing regular attendance and to develop a plan to prevent future absences. You may be removed from the class if there are too many absences at the administration's discretion.
3. Students are expected to show respect to fellow students and teacher.
4. Students are expected to try their hardest.
5. Students are not to interrupt other students learning.
6. Students are responsible for all homework and notes which were missed while they were absent. Students are encouraged to ask a classmate upon returning to catch up on the materials covered during their absence.
7. Research shows that homework is important to learning in high school. Students require enough practice in order to achieve skills. Completing all homework is critical to overall learning. If work is not completed during class time it will be assigned as homework.
8. Cell phones and iPods are not permitted in class unless they are being used for research purposes. Students will be treated as young adults and may keep their device on themselves during class. If they choose to be on their device, they will need to hand them in to the teacher at the beginning of every class.
9. McCreary School Handbook outlines the expectations regarding academic dishonesty (If at any time you are unsure about an assignment it is the student's responsibility to ask for clarification)
10. If students miss a cooking class, they are expected to make it up at home.
11. Extra help is available at lunch, when I am not on duty, or after school. It is up to the student to make arrangements to come in.

