

Food and Nutrition 8

Unit Outcomes

Students will be expected to

1. develop skills in food safety, preparation and handling while working in food lab groups
2. demonstrate an understanding of the relationship between nutrient intake and health
3. implement responsible food resource management practices
4. develop an understanding of the psychology of food
5. identify locally produced food products and their importance to the local economy

Specific Curriculum Outcomes

Students will be expected to

UNIT 1: FOOD PREPARATION BASICS

- 1.1 practise safe work habits in the kitchen
- 1.2 recognize and apply safe food handling practices
- 1.3 locate, identify and demonstrate the proper use of kitchen tools and equipment
- 1.4 identify equipment and demonstrate proper techniques for measuring liquid and dry ingredients
- 1.5 understand and follow recipes
- 1.6 practise teamwork while working in lab kitchen groups

UNIT 2: FOOD FOR HEALTHY LIVING

- 2.1 identify reliable sources of nutrition information
- 2.2 compare and contrast nutrient content of various foods
- 2.3 describe the essential components of a nutritionally adequate diet
- 2.4 explain how healthy food choices affect present and future health of individuals
- 2.5 use the information on food labels when selecting and buying foods

UNIT 3: THE FOOD CONSUMER

- 3.1 critically analyze the effect of food marketing practices on consumer behaviour
- 3.2 identify decisions involved in food purchasing
- 3.3 identify environmental issues related to the production and consumption of food

UNIT 4: POWER OF FOOD

- 4.1 identify local and global food issues
- 4.2 identify food as a social/emotional/cultural experience

UNIT 5: NOVA SCOTIA FOOD PRODUCTS AND RELATED INDUSTRY

- 5.1 describe the Nova Scotia agricultural industry and identify various Nova Scotia food products
- 5.2 recognize the benefits of selecting locally grown/produced food
- 5.3 identify food related career choices