

Food for Healthy Living 10

Foundational Outcomes

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Unit Outcomes

Students will be expected to

1. demonstrate knowledge of safe food preparation techniques and production
2. determine the environmental, cultural, and economic factors that influence consumer food decisions and wellness
3. identify the nutritional benefits of food as they apply to food choices
4. apply nutritional principles to planning and preparing healthy meals for self and family
5. identify and discuss trends and issues as related to foods and well-being
6. identify career and employment opportunities and related skills associated with food choices and well being

Students will be expected to

UNIT 1: SAFE FOOD PREPARATION TECHNIQUES AND PRODUCTION

- 1.1 identify causes, symptoms, and prevention of food-borne illness
- 1.2 identify kitchen procedures reflective of maintaining a safe workplace
- 1.3 demonstrate safe food handling in the selection, storage, preparation, and serving of foods

UNIT 2: THE FOOD CONSUMER

- 2.1 determine what is meant by “being healthy” or “wellness”
- 2.2 determine why people select and eat the foods they do

UNIT 3: NUTRITION

- 3.1 define nutrition terminology and explain how the six main nutrients play a major role in health and well-being
- 3.2 identify proteins (complete and incomplete), their functions and food sources, and apply appropriate food preparation techniques
- 3.3 identify carbohydrates (simple and complex) and dietary fibre, their functions and food sources and apply appropriate food preparation techniques
- 3.4 identify the types of fats, their functions, food sources, related health concerns, and apply appropriate food preparation techniques
- 3.5 identify vitamins (water soluble and fat soluble), their functions and food sources, and apply appropriate food preparation techniques
- 3.6 identify minerals (macro minerals and trace minerals), their functions and food sources, and apply appropriate food preparation techniques
- 3.7 explore the importance of water as a nutrient; its functions and food source

UNIT 4: MEAL PLANNING AND PREPARATION

- 4.1 define meal management and identify factors involved in planning meals
- 4.2 understand and analyze Canada's Food Guide and what is meant by healthy eating
- 4.3 be able to practice general food shopping guidelines that are efficient and economical
- 4.4 develop awareness of food additives to become a knowledgeable and critical consumer
- 4.5 examine and practise the steps involved in healthy and nutritious food preparation

UNIT 5: FOOD TRENDS AND ISSUES

- 5.1 explore, locally and globally, trends and issues related to food and well-being

UNIT 6: CAREER PATHWAYS IN THE FOOD INDUSTRY

- 6.2 identify and evaluate personal qualities, skills, abilities, and interests related to career choices in food industry, food preparation, and nutrition