

Food for Healthy Living 10

Foundational Outcomes

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The Foundational Outcomes identified in this document represent outcomes determined to be relevant for future learning in the discipline. The foundational outcomes are meant to guide teachers in making decisions about creating learning experiences that will prepare and engage their learners in a responsive way. However, a teacher's professional judgment remains the most crucial factor for responding effectively to the needs of learners.

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