

# Nutrition 2102

## Course outline: 2009/10

**Ms. D. Ludlow**

### **Introduction:**

The role of this course is to provide you with the knowledge, skills, behaviors and attitudes to create and promote a culture of wellness. As the 21<sup>st</sup> century is identified with the problem of obesity which is associated with serious health risks that have the potential to worsen with age. Therefore you will have the opportunity to acquire nutritional knowledge and skills that can be used to improve overall health with the most integral but basic part of our daily lives: food.

### **Unit 1: Food Choices and Nutrition Needs: 20 hrs 36%**

1. Influences on food choices: family, personal, media, society
2. Nutrients and the role they play
3. Nutritional supplements
4. Eating Well with Canada's Food Guide
5. Nutritional Needs with various stages of the life cycle

### **Unit 2: Food Selection, Preparation and Storage: 20 hrs 36%**

1. Food storage practices for safety, preservation and nutritional value and avoidance of waste
2. Apply sanitation practices to food preparation and services
3. Food labels as a tool for food choices
4. Choosing a range of foods to meet nutritional requirements
5. Seeking strategies to address daily challenges to healthy eating
6. Critically analyzing some common food marketing messages and its impact through various practices and techniques portrayed in the media
7. Seeking strategies to address the negative effects of food advertising on healthy eating

### **Unit 3: Menu and Meal Planning: 15 hours 28%**

1. Career opportunities in the area of foods and nutrition
2. Food preparation techniques: preparing food for each of the food groups
3. Discovering a range of resources to prepare and serve food
4. Setting healthy eating goals and plans

### **Evaluation**

Labs 20% Quizzes 10% Tests 30% Assignments 40% = 100%

