

Nutrition 3102

Course Outline 2009-10

Ms. D. Ludlow

Introduction

Nutrition 3102 draws the learner on an examination of overall health and how a variety of factors come into play. Such influences as media, lifestyle and medicinal history are examined. From a national and global perspective, food is studied in terms of its production , technological advances and security. The learner will be able to see the role that he/she can play locally, nationally and internationally to help manage resources and to action plans to ensure a safe, a secure food system.

Unit one (25 hours): Food, Nutrition and Health

- nutrients
- nutrients and health
- psychol-social environment and food choices
- diet and disease prevention

Unit Two (15 hours) Food Technology and production

- origins of food - how it arrives at the table
- Canada and the food supply
- local vs. global
- biotechnology and related issues
- rights and responsibilities of consumers

Unit Three (15 hours) Food Security

- understanding food security
- complexity of issues and food security
- poverty and access to food
- economic influence on food security

Evaluation

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