

**Social Sciences**  
**Food and Nutrition**  
**HFN 20**

**Course Description:**

This course explores the factors that affect attitudes and decisions about food, examines current issues of body image and food marketing, and is grounded in the scientific study of nutrition. Students will learn how to make informed food choices and how to prepare foods, and will investigate our Canadian food heritage and food industries, as well as global food issues. The course also introduces students to research skills related to food and nutrition.

**Strand # 1: Self and Others**

- Complete an assessment of the importance of meeting the food needs of family members.
- Identify the various reasons for the choices people make about food by describing the effect of early childhood eating habits on current eating patterns and on nutritional well-being throughout life.
- Analyze the importance of each family member's contribution to the selection, preparation, and serving of food by demonstrating creativity in planning, preparing and serving a meal that meets the specifically defined needs and budget of a particular family or individual.
- Demonstrate knowledge of the rules of mealtime etiquette (within the classroom environment)

**Strand # 2: Personal and Social Responsibilities**

- Analyze the responsibilities involved in maintaining nutritional health and well-being by explaining the purpose of food guidelines (e.g. Canada's Food Guide, health associations' food guides).
- Describe the effects of food habits on physical, emotional, and psychological well-being.
- Produce general food-shopping guidelines that are efficient and economical.
- Demonstrate an ability to calculate unit prices, decipher 'best before' dates, read ingredient lists and understand how comparatively expensive convenience foods are.
- Summarize the practical factors and demonstrate the skills involved in producing appetizing and healthy foods for themselves and others.

- Identify, select, and effectively use appropriate kitchen tools to plan and prepare interesting and appealing meals in cooperation with others.
- Safely use, maintain, clean, and store tools and equipment used in food preparation.
- Identify and demonstrate safe food-handling practices, including kitchen safety, sanitary methods, and proper food storage.
- Describe the useful information available in cookbooks (e.g., storage and preparation tips, conversion charts, food terms).
- Demonstrate basic cooking and baking skills

### **Strand # 3: Social Challenges**

- Analyze the concept of body image and its relationship to eating disorders and body altering substance abuse.
- Analyze information from several sources to determine society's changing perception of beauty.
- Identify techniques for reducing the percentage of fat content in a person's diet to 30%.
- Analyze the role of familiar foods (e.g., 'comfort' foods, cultural foods) in the management of stress.

### **Strand # 4: Diversity, Interdependence and Global Connections**

- Describe the relationship among family customs, traditions, and food, using current social science methods.
- Identify the food customs and traditions of their own families.
- Demonstrate an understanding of our Canadian food heritage by selecting and using regional and seasonal food to plan and produce a Canadian food product or meal.
- Identify the causes of hunger in Canada and the world and list some possible strategies for alleviating hunger.

### **Strand # 5: Social Science Skills**

- Demonstrate appropriate use of social science research methods in the investigation of food-related issues.
- Demonstrate data-collecting skills, through the use of questionnaires and interviews.
- Effectively communicate the results of inquiries by writing a report or an essay analyzing a food issue, such as food security, by reading, summarizing, and interpreting articles on food and nutrition in newspapers, magazines, and selected research literature.
- Illustrate career opportunities related to food and nutrition by creating a poster, newsletter, or brochure.
- Demonstrate effective speaking and listening skill sin a small group.
- Demonstrate collaborative problem-solving, conflict resolution, and planning skills (e.g., relating to dividion of labour, time management, equal participation, taking responsibility for one's component of the group's activity) and be able to explain the need for these skills by referring to organizational theory.