



**FOODS 1080 – FOOD AND NUTRITION BASICS**

FOD1080

**1 Credit Course**

<b>Course Overview</b>	Students learn about leader nutrients, what food they are found in, how such foods affect performance and future health as they participate in healthy food preparation.										
<b>Prerequisite</b>	<i>Please refer to Alberta Education’s Provincially Authorized Senior High School Courses and Course Codes Document</i>										
<b>Required Materials &amp; Resources</b>	<ul style="list-style-type: none"> <li>• One Module and One Assignment Book</li> <li>• Kitchen Lab</li> </ul>										
<b>Learning Outcomes</b>	<p><b>The student will:</b></p> <ul style="list-style-type: none"> <li>A. demonstrate understanding of the interrelationships among food choices, nutrients and wellness</li> <li>B. describe the importance of understanding health issues and eating habits</li> <li>C. demonstrate and ability to interpret nutrition information</li> <li>D. identify and demonstrate skills in the planning, preparing and evaluating nutritious foods</li> <li>E. demonstrate basic competencies</li> </ul>										
<b>Note</b>	<b><i>Within Alternative Education all teachers are required to follow a common course outline and gradebook set up.</i></b>										
<b>Assessment</b>	<p>The student’s grade is determined by the knowledge the student has acquired based on the program of studies and the skills the student is able to show in articulating his or her knowledge.</p> <p>The student’s grade will be calculated based on the following:</p> <p><b>Coursework – 100%</b></p> <p><i>*There is no final exam for this course</i></p>										
<b>Topics of Study</b>	<table border="1"> <thead> <tr> <th>ASSIGNMENT</th> <th>DESCRIPTION</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Module Work</td> </tr> <tr> <td>2</td> <td>Module Extension Activity</td> </tr> <tr> <td>3</td> <td>Lab</td> </tr> <tr> <td>4</td> <td>Safety and Sanitation</td> </tr> </tbody> </table>	ASSIGNMENT	DESCRIPTION	1	Module Work	2	Module Extension Activity	3	Lab	4	Safety and Sanitation
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<b>An Important Note About Assessment</b>	A wide range of assessment information is used in the development of a student’s final grade. Within Alternative Education, individualized assessments provide specific information regarding student progress and overall performance in the course. Student assessments may vary from student to student to adapt to differences in student needs, learning styles, preferences and paces. The teacher will apply best teaching practices to determine appropriate assessment.										

**TEACHER’S CONTACT INFORMATION:**

<b>Teacher’s Name:</b>	
<b>Teacher’s Phone Number:</b>	
<b>Teacher’s Email Address:</b>	