



**FOODS 3010 – FOOD FOR THE LIFE CYCLE**

FOD3010

**1 Credit Course**

<b>Course Overview</b>	Students describe how food and nutrition needs change over various life stages and demonstrate how to meet the challenges of each stage and the adapting of foods to satisfy all ages.										
<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>• Canada Food Guide</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. describe the role food plays in the development, enhancement, and maintenance of physical, emotional, and social wellness throughout the life cycle</li> <li>B. prepare and evaluate foods for the enhancement of wellness throughout the life cycle</li> <li>C. identify and describe community nutrition programs</li> <li>D. describe the personal or career relevance of the competencies developed within the course, and identify labor market dynamics that may be significant for career choices</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
ASSIGNMENT	DESCRIPTION										
1	Module Work										
2	Module Extension Activity										
3	Lab										
4	Safety and Sanitation										
<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>	