

Highland Park Junior High
Grade 8 Food and Nutrition Course Outline 2020
Ms Fraser/Ms Pratt

Semester 1: September 8 to January 29

Semester 2: February 1 to June 30

Program Components

The grade 8 students will be participating in a foods and nutrition program during the 2020-2021 school year. The program is divided into *five* modules with general and specific curriculum outcomes assigned to each module. The following is a list of the modules and the general curriculum outcome assigned to each module. The number of specific outcomes covered this term will depend on the time available in the schedule.

Teamwork is a large component of the family studies environment. Students will need to be able to work cooperatively with others in a small space, adapt to problems proactively and deal with differing personalities in a constructive way.

Cooking is currently TBA because of the pandemic. We will be working and discussing when/if cooking will be able to take place this year and what it will look like.

Module 1: Food Preparation Basics

GCO: Students will develop skills in food safety, preparation and handling while working in food lab groups.

Module 2: Creation of Food Products

GCO: Students will demonstrate their ability to properly follow recipes, create food and follow kitchen procedures in the process.

Module 3: Nutrients and Health

GCO: Students will develop an understanding of the relationship between nutrient intake and health.

Expectations in Food and Nutrition

- Be prepared to learn – with all materials necessary, be on time, complete assignments and homework, ask for help when needed, listen to each other, contribute in class, study for quizzes and tests, be willing to take risks
- Be respectful – of themselves, their peers, staff in the school, visitors, of equipment, of environment, of rules set up for safety, of timelines
- Be responsible – of behaviour, attitude, education, materials, actions, equipment

Assessment and Evaluation

Throughout the term a variety of assessment tools will be used to gather information about student achievement to develop a valid and reliable picture of what a student knows and is able to do. The assessment tools may include the following but are not limited to:

- Written analysis
- Reflections
- Performance demonstrations
- Oral presentations
- Observations

The achievement levels are shown on the attached chart, and these will be reported in PowerSchool throughout the terms. At the end of the term, Powerschool will convert the achievement levels into a report card percentage, which you will see in the individual subjects. The reporting grades and descriptors are also shown in the attached chart.

Potential units will include:

Kitchen Safety - a look at kitchen fires, proper behaviour, how to handle a grease fire

Food Safety – germs, bacteria, proper handling of different food, sanitation

Proper Kitchen procedures – measuring techniques, cooking terms, following a recipe

Nutrition and Balance – a look at Canada's Food Guide

Food for Healthy Living – Nutrition and Disease, proper portions and servings

Labels and Marketing – How Companies Direct Purchasing

Budgeting and Purchasing – how to buy for a family of four, incorporating adaptations

Local Food – Nova Scotia food industry and products

Contact Information

Please feel free to contact me via email:

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