**Mealy Mountain Collegiate**

**Nutrition 2102 / 3102**

**2017 - 2018**

**Instructor**: Mr. Lewis Gillett lewisgillett@nlesd.ca

**Introduction:** The journey towards adulthood has an increasing need for the acquisition of knowledge, skills, behaviors and attitudes that promote a culture of wellness. Wellness embodies the key concepts of eating healthy, being active and staying drug free. Nutrition 2102 and 3102 engages students in a course of study that enables them to acquire and apply nutritional knowledge and skills both in the classroom and in their own day-to-day living. Students examine the role of nutrients in food and how they affect overall growth and development. They will also gain skills in how to choose the healthiest food based on lifecycle needs, health status, economic circumstances and lifestyle. A focus on preparation techniques will better prepare students for the time in their lives when food choices become their responsibility.

**Textbook: *Food for Today***

**Website: lewisgillett.weebly.com (for assignments & recipes)**

**Units:** I. *Food Choices and Nutritional Needs*

*Exploring the various factors that influence the food choices of people and families in Canadian society*

II. *Kitchen Practices*

*Studying the techniques used in operating an effective kitchen and for prepare meals in a healthy, safe environment.*

*III. Nutrition and Well-Being*

*The science of good eating. Learning about the nutritional contents in food and the requirements of the human body in order to plan a complete menu plan.*

*IV. Achieving Wellness*

*How to balance society’s perception of beauty with the concept of wellness, recognizing the dangers of abnormal eating patterns and dieting compared to the healthy approach to weight control.*

*V. National and Global Food Issues*

*Exploring the diversity of eating practices from around the world compared to our own food choices at home.*

*VI. Trends in the Food World*

How do the trends or fads of the food industry tend to enrich or pose dangers to the lives of Canadian consumers?

**Evaluation:** Assignments / Projects 40%

Food Labs (minimum of 8 per semester) 40%

Classwork / Homework / Quizzes 20%