

# **Food and Nutrition 8**

Welcome to the Family Studies course for grade 8, **Food and Nutrition**. The purpose of this course is for students to:

- 1. develop skills in food safety, preparation and handling while working in food lab groups
- 2. demonstrate an understanding of the relationship between nutrient intake and health
- 3. implement responsible food resource management practices
- 4. develop an understanding of the psychology of food
- 5. identify locally produced food products and their importance to the local economy

The general outcomes listed above will be developed through the following units to build student skills and understanding. Students will be expected to participate in a variety of activities, lab work and assessments designed to measure student progress.

## **Unit 1: Food Preparation Basics**

- 1.1 practice safe work habits in the kitchen
- 1.2 recognize and apply safe food handling practices
- 1.3 locate, identify and demonstrate the proper use of kitchen tools and equipment
- 1.4 identify equipment and demonstrate proper techniques for measuring liquid and dry ingredients
- 1.5 understand and follow recipes
- 1.6 practice teamwork while working in lab kitchen groups

## **Unit 2: Food for Healthy Living**

- 2.1 identify reliable sources of nutrition information
- 2.2 compare and contrast nutrient content of various foods
- 2.3 describe the essential components of a nutritionally adequate diet
- 2.4 explain how healthy food choices affect present and future health of individuals
- 2.5 use the information on food labels when selecting and buying foods

## **Unit 3: The Food Consumer**

- 3.1 critically analyze the effect of food marketing practices on consumer behaviour
- 3.2 identify decisions involved in food purchasing
- 3.3 identify environmental issues related to the production and consumption of food

## **Unit 4: Power of Food**

- 4.1 identify local and global food issues
- 4.2 identify food as a social/emotional/cultural experience

## **Unit 5: Nova Scotia Food Products and Related Industry**

- 5.1 describe the Nova Scotia Agricultural Industry and identify various Nova Scotia food products
- 5.2 recognize the benefits of selecting locally grown/produced food
- 5.3 identify food related career choices

Google Classroom, will be used to support, expand and complete classroom activities. Parents and guardians will be able to track due dates and work completion on the feed. The PowerSchool Parent Portal will be the best place to keep an eye on assessment results and grades.

The most efficient way to contact me with questions or issues is to send me an email at (amy<sup>n</sup>an@gns<sup>p</sup>es.ca).

*Amy Sullivan*

amy<sup>n</sup>an@gns<sup>p</sup>es.ca