

Prince of Wales Collegiate

Nutrition 2102 / 3102

2020-2021

Instructor: Mr. Jonathan Sing

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Introduction: Nutrition 2102 and Nutrition 3102 provide the learner with an opportunity to acquire nutritional knowledge and skills that can be used to improve overall health. Food is a basic but integral part of our daily lives. Nutritional knowledge and skills that are central to making sound decisions regarding food and its relation to our health are emphasized in these two courses. An analytical examination of the issues dealing with the food supply, the safety and security of it, raises awareness of food related issues at a local, national and international level.

Textbook: *Food for Today*

Website: mrsing.weebly.com

Units

Nutrition 2102

Unit 1: Food Choices and Nutritional Needs (20 Hours)

Unit 2: Food Selection, Preparation and Storage (20 Hours)

Unit 3: Menu and Meal Planning (15 Hours)

Nutrition 3102

Unit 1: Food, Nutrition and Health (25 Hours)

Unit 2: Food Technology and Production (15 Hours)

Unit 3: Food Security (15 Hours)

Evaluation: Assignments / Projects	40%
Food Labs (minimum of 8 per semester)	30%
Classwork Portfolio	30%

Classwork Portfolio

All classwork completed will be collected in an individual portfolio for each student. Portfolios will be submitted at the end of each unit for grading. Students should use their class time wisely and organize their portfolios to ensure they receive complete marks. **It is the responsibility of the student to complete all assigned classwork and to get copies of any work missed while absent.**