

Food & Nutrition 8

Course Outline/ Communication Plan



Oyster Pond Academy
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Overview

Grade 8 Food and Nutrition is a lab oriented course designed to introduce students to various topics related to food. Students will be able to take the knowledge and skills gained in this course and make wise decisions concerning their health with regards to selecting, purchasing, preparing and consuming food.

Module 1: Food Preparation Basics

- Kitchen safety
- Food safety
- Reading recipes, proper measuring and kitchen equipment

Module 2: Nutrient intake and Health

- Identifying nutrients and nutritionally adequate diets
- The relationship between food choices and our present and future health
- Understanding food labels

Module 3: The Food Consumer

- Food marketing practices
- Making wise food purchases
- Environmental issues related to food production

Module 4: The Power of Food

- Local and global food issues
- Food as an emotional, social and cultural experience

Module 5: Nova Scotia Food Industry

- Identify various NS food products
- Identify the benefits of selecting locally grown food

Assessment and Evaluation

Cooking labs, written assignments, projects, group work, and presentations will be included as part of students' assessment and evaluation. All curriculum outcomes in Food and Nutrition 8 will be marked on a four point rubric.

Evaluation Rubric

Grade	Description of student on expected learning outcomes and program expectations
4	<p>In-depth knowledge and understanding of content and concepts. Able to extend the application of related skills to a variety of contexts.</p> <ul style="list-style-type: none">• I can do it well and on my own.• I can apply what I have learned to a new situation.
3 - 3+	<p>Competent knowledge and understanding of content and concepts. Appropriate application of related skills.</p> <ul style="list-style-type: none">• I have a good understanding.• I have provided lots of evidence of understanding.
2 - 2+	<p>Developing knowledge and understanding of content and concepts. Developing in the application of related skills.</p> <ul style="list-style-type: none">• I understand some of it.• I am almost there.
1 - 1+	<p>Limited knowledge and understanding of content and concepts. Limited application of related skills.</p> <ul style="list-style-type: none">• I don't get it.• I have not provided any evidence of understanding.

Classroom Expectations

Students are expected to:

- Arrive to class on time
- Complete homework and assignments on time
- Participate in class
- Try their best at all times.
- Respect themselves, their peers, the teacher and the classroom space
- Not permitted in kitchen, fridge, supply closet, etc without permission

Extra Help/ Absences/ Outstanding Assignments

- **Extra help** is always available at lunch time and should be pre-arranged.
- **Absences**: In the event of an absence, it is the student's responsibility to learn the material covered in class, to get the notes from another student, and to complete the work assigned for that day. The student should come in for extra help if necessary. Should the missed day be the due date for an assignment, project, or presentation the student should be prepared to hand in the work and/or present the day they return to school, unless other arrangements have been made.
- **Outstanding Assignments**: If you have not handed in all of your assignments in a timely manner I will contact home and you will be expected to finish it in my classroom at lunch.

Communication

Student progress will be communicated throughout the year via telephone calls home and/or emails as well as updates to PowerSchool Gradebook. Once per term, progress will also be communicated via a report card and parent-teacher interviews.

Parents and guardians can contact me with any questions and concerns at (902) 889-4300 ext. 1702203 or abigger@hrce.ca.