

NUTRITION FOR HEALTHY LIVING 120

Course Outline

Timeline: September 8, 2015 – January 29, 2016
Location: Hartland Community School, Room A-149
Teacher: Mr. Graham Rich, graham.rich@nbed.nb.ca, 375-3000
Witty.ca → HCS → “Nutrition for Healthy Living 120”

Program Overview

Through research, the science of nutrition continues to expand. It is important to understand information provided and to make smart, healthy decisions.

This course is designed for those students concerned about personal wellness or for students who wish to pursue a career in science and nutrition or any health-related fields.

Course Description

Nutrition for Healthy Living 120 is designed to make students aware of preventative strategies to contribute to overall wellness, make healthy food choices and maintain a balance between eating habits and physical activity. Current issues relating to chronic diseases, lifestyles and food technologies will also be discussed. Students will be encouraged to use reliable information to examine their eating habits and lifestyle choices.

Expectations

- Nutrition for Healthy Living 120 involves both teacher-led and student-led instruction, research assignments and hands-on projects.
- **Attendance is essential.** If students will not be able to attend class, they must notify Mr. Rich beforehand. Students who **miss 2 classes** must arrange with Mr. Rich to **catch up after class**.
- Students must arrive prepared, on-time and ready to work safely, being efficient, positive and productive.
- As per the HCS Attendance Policy, any student who misses **20 classes** will not receive credit for this course.

Communication

- Assignments and due dates will be posted at: **Witty.ca** → HCS → “Nutrition for Healthy Living 120”
- Parents/guardians can contact Mr. Rich by email, by phone or in-person after 3pm (by appointment).

Assessments

Term 1

- 80% Assignments and Projects
- 20% Tests

Term 2

- 45% Assignments and Projects
- 5% Tests
- 20% Final Project
- 30% Exam

Final Mark

- 50% Term 1 + 50% Term 2



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I have read the course outline. I understand the course objectives, assessments and the responsibilities of the student.

Parent/Guardian Name: _____ Signature: _____

Student Name: _____ Signature: _____

Curriculum Outcomes – Nutrition for Healthy Living 120

By the end of Nutrition for Healthy Living 120, students will be expected to:

- 1 Identify the factors that determine one's long-term health and wellness.
 - 1.1 Define wellness
 - 1.2 Identify wellness factors (heredity, environment, habits, care)
 - 1.3 Investigate wellness guidelines from various industry and non-profit groups
 - 1.4 Develop a personal healthy lifestyle plan

- 2 Explain the roles of nutrients in the body: digestion, absorption, transportation and metabolism.
 - 2.1 Identify nutrient categories and roles in the body: carbohydrates, fat, protein, vitamins, minerals, water
 - 2.2 Calculate recommended nutrient intake
 - 2.3 Identify deficiency and toxicity of nutrients
 - 2.4 Record and analyze nutrient intake

- 3 Identify chronic conditions and the current trends and issues related to their prevention.
 - 3.1 Define chronic conditions
 - 3.2 Identify ways to reduce risks of chronic conditions
 - 3.3 Investigate current trends and issues related to nutritional health
 - 3.4 Understand the effects of energy balance on weight management

- 4 Identify consumer issues related to food.
 - 4.1 Understand the effects of advertising on food choices
 - 4.2 Identify additives and their regulations
 - 4.3 Identify food labeling, food technologies and safe food handling procedures

- 5 Identify post-secondary education programs available to those who wish to pursue a career in nutrition.