

HFA 4U

COURSE BREAKDOWN

Course Overview

- This course examines the relationships between food, energy balance, and nutritional status; the nutritional needs of individuals at different stages of life; and the role of nutrition in health and disease.
- Students will learn about healthy eating, expand their repertoire of food-preparation techniques, and develop their social science research skills by investigating issues related to nutrition and health.
- Topics covered include:
 - Food preparation skills, nutrition, healthy eating for life (body image etc.) and food production and supply (agriculture in Canada, food insecurity and waste).

Take this if....

- you enjoy cooking and want to improve your food preparation skills.
- you love hands on practical learning.
- you are interested in learning more about nutrition and healthy eating habits.
- you like the science behind how food impacts our bodies.

YOU WILL LOVE....

- cooking and sampling amazing treats and meals like Apple Crumble, Egg Bites and Buddha Bowls.
- gaining skills around how to read nutrition labels, and understanding nutrient deficiencies and toxicities.
- working with classmates in a creative and relaxed environment.

Food and Nutrition

