

HFN10/HFN20

Food and Nutrition, Grade 9 or 10, Open

This course explores the factors that affect attitudes and decisions about food, examines current issues of body image and food marketing, and is grounded in the scientific study of nutrition. Students will learn how to make informed food choices, how to prepare foods, and will investigate our Canadian food heritage and food industries as well as global food issues. The course introduces students to research skills related to food and nutrition.

Prerequisite: None