**FOD 2030:**

**Food Decisions and Health**

Level: Intermediate

Prerequisite: FOD 1010: Food Basics

**Course Outline**

Kira Joel

June 17, 2013

Ed. 4760

Foods 11

Teacher: Kira Joel

Times: Monday-Friday 11:00 AM to 12:00 PM

Prerequisite:FOD1010: *Food Basics*

Course Description:

In this course you will learn how to manage and maintain a healthy lifestyle. Unfortunately, more and more people today are becoming obese due to a lack of knowledge about nutrition. In one months’ time, you will have the knowledge and skills to make healthy decisions about what food you eat and how much physical activity you will need to stay healthy. You will get to make new recipes, communicate and share online and learn with friends!

Learning Outcomes: in addition to the outcomes for all five modules you will complete in this course you will also be learning about digital citizenship and Information and Communication Technologies.

Textbook: no text book is required.

Required Materials: pencil, eraser, binder, lined paper, agenda

\*If you have a cell phone you may bring it to class; however, see Behavioural Expectations and Procedures for details.

Instructional Methods:

A variety of teaching methods will be used in this class. You will have the opportunity to discuss and learn with a friend or a group, as well as learning on your own. Videos and other online resources will be used where you can use your cell phone and/or other devises. In addition, demonstrations and other hands on activities will be involved in this course.

Timeline

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| --- | --- | --- | --- |
| Module | Description | Activities | Timeline |
| FOD 2150: Food Safety & Sanitation | You will learn about food-borne illnesses and the importance of food safety and sanitation training for anyone handling food in personal, as well as commercial, applications. | Create your own Food Network Show | February |
| FOD 1080: Food & Nutrition Basics | You will learn about leader nutrients, what foods they are found in, how such foods affect performance and future health as they participate in healthy food preparation. | Food Blogger | March |
| FOD 2120: Meal Planning 2 | You will learn strategies for planning and creating satisfying meals that accommodate busy schedules or strained budgets. | Create a Meal Plan for 1 Week | April |
| FOD 2030: Food Decisions & Health | You will learn how to balance the energy equation by using strategies for food intake analysis and preparing appropriate foods that help fuel the body efficiently and effectively. | Personal a 1 Day Diet Plan | May |
| FOD 2090: Creative Cold Foods | You will learn to combine nutrition and creativity in the preparation of salads and sandwiches. | Top Chef Activity | June |

\*\*In every unit you will maintain and develop an online portfolio. In addition, you will keep a journal throughout the semester.

Course Weightings:

|  |  |
| --- | --- |
| **Activity** | **Weight** |
| Journal Entries | **25%** |
| Portfolio | **30%** |
| Tests | **20%** |
| Major projects (5)*Food Network Show**Food Blogger**Meal Plan**Daily Diet**Top Chef* | **25%***Each worth 5%* |

Behavioural Expectations:

1. Respect your teachers and fellow classmates
	1. Put your devises away when they are not needed in class
	2. Stick up for one another
2. Respect yourself
	1. take responsibility for your actions
	2. put effort into your own work
3. Respect your surroundings
	1. Treat the materials in the classroom with respect
	2. Being in the kitchen can be dangerous; make sure you are aware of what is near you at all times

Procedures:

1. Devises:

I encourage you to bring your phone/computer/camera to class; however, you must only use them during appropriate times and I am **NOT** responsible for your devise so please don’t leave it unattended.

1. Lateness:

Please come on time, all the time! If you make a habit of coming late, your parents will be contacted and eventually the issue will be discussed with administration.

1. Assignments:

If you cannot hand in an assignment on time let me know BEFORE the due date and we can arrange something else. If you miss an assignment it is your responsibility to catch up. Assignments are due at the beginning of class.

1. Tests:

Do not bring cell phones or other electronic devises. Unexcused absences and cheating will result in a zero.

How to Ace the Course:

* Show up to every class on time and take notes.
* Spend 5 mins everyday during commercials re-reading the notes and the text book.
* Do your homework and assignments.
* Ask me if you’re just not getting something.

I am available before and after school.