

# FOOD & NUTRITION

HFN101

Grade 9, Open Level



## What is this course about?

This course focuses on guidelines for making nutritious food choices. Students will investigate factors that influence food choices; example food trends and individual needs. Students will explore the environmental impact of a variety of food choices at the local and global level. Students will have hands on opportunities to develop food-preparation skills and prepare healthy, delicious meals in our food and nutrition kitchens!

## What are the benefits of taking this course?

- Develop hands on skills that will last a lifetime
- Learn how to make healthier food choices
- Enjoy guest speakers & food demonstrations performed by professional chefs
- Field trips to the St. Jacob's Farmers Market



## Take this course if you enjoy:

- Eating delicious meals
- Cooking nutritious dishes
- Working with others
- Learning about healthy food choices
- Hands on projects

**YUM!**



## Frequently Asked Questions:

**Q: What types of dishes will we make?**

**A:** You will make a wide variety of healthy, nutritious dishes including appetizers, breakfast, lunch and dinner recipes! Some examples include: spinach dip, crepes, stir fries, & pizza from scratch!

**Q: What if I have a food allergy?**

**A:** We are always accommodating of allergies and we will make modifications and substitutions to include ALL students!