

Curriculum Connections for Grade A...Eggs

British Columbia and Yukon Territory Production

Subject: Home Economics

Course: Working with Food Resources

Grades: 8 to 10

Grade	Learning Expectations
	It is expected that students will:
8	Demonstrate safe and appropriate use of equipment needed to prepare their food items Describe techniques and principles of food preparation: preventing contamination
9	Select appropriate equipment to complete food projects and use it in a safe and appropriate manner Propose and use criteria to evaluate commercial food products
10	Select appropriate equipment to complete food projects and use it in a safe and appropriate manner Propose and use criteria to evaluate commercial food products

British Columbia and Yukon Territory Nutrition

Subject: Home Economics

Course: Working with Food Resources

Grades: 8 to 10

Grade	Learning Expectations
	It is expected that students will:
8	Describe the essential components of a nutritionally adequate diet Create plans for preparing food items, making effective use of resources
9	Relate the components of a nutritionally adequate diet to a variety of common eating patterns Create plans for preparing simple meals, making effective use of resources
10	Explain the significance of nutrients with reference to special dietary needs Create plans for preparing multicourse meals, making effective use of resources

British Columbia and Yukon Territory Cooking With Eggs

Subject: Home Economics

Course: Working with Food Resources

Grades: 8 to 10

Grade	Learning Expectations
	It is expected that students will:
8	Use recipes from various cultures to prepare food items Create plans for preparing food items, making effective use of resources
9	Use recipes from various cultures to prepare food items Explain techniques and principles of food preparation, including those related to: preservation, leavening
10	Use recipes from various cultures to prepare food items Explain techniques and principles of food preparation, including those related to protein cookery

Curriculum Connections for Grade A...Eggs

Alberta and NWT Production

Subject: Health and Life Skills		
Course: Personal Health		
Grades: 8 and 9		
Grade	General Outcomes Students will:	Specific Outcomes Students will:
8	Make responsible and informed choices to maintain health and to promote safety for self and others	W-8.5 Evaluate personal food choices and identify strategies to maintain optimal nutrition when eating away from home e.g. eating healthy fast foods
9	Make responsible and informed choices to maintain health and to promote safety for self and others	W-9.5 Develop strategies that promote healthy nutritional choices for self and others

Alberta and NWT Nutrition

Subject: Health and Life Skills		
Course: Personal Health		
Grades: 8 and 9		
Grade	General Outcomes Students will:	Specific Outcomes Students will:
8	Make responsible and informed choices to maintain health and to promote safety for self and others	W-8.5 Evaluate personal food choices and identify strategies to maintain optimal nutrition when eating away from home e.g. eating healthy fast foods
9	Make responsible and informed choices to maintain health and to promote safety for self and others	W-9.5 Develop strategies that promote healthy nutritional choices for self and others e.g. adopt goals that reflect healthy eating

Alberta and NWT Cooking With Eggs

Subject: Health and Life Skills		
Course: Personal Health		
Grades: 8 and 9		
Grade	General Outcomes Students will:	Specific Outcomes Students will:
8	Make responsible and informed choices to maintain health and to promote safety for self and others	W-8.5 Evaluate personal food choices and identify strategies to maintain optimal nutrition when eating away from home e.g. eating healthy fast foods
9	Make responsible and informed choices to maintain health and to promote safety for self and others	W-9.5 Develop strategies that promote healthy nutritional choices for self and others e.g. adopt goals that reflect healthy eating

Curriculum Connections for Grade A...Eggs

Saskatchewan Production

Subject: Practical and Applied Arts Course: Food Studies 10,30 Grade : Secondary 10			
Module	Foundational Objectives	CEL Foundational Objectives	Learning Objectives
2. Kitchen and Food Safety (core)	To understand and practice safety in the preparation and storage of food	To follow safe procedures when working with equipment and food in the kitchen	To understand food safety To examine the conditions necessary for food-borne illnesses to occur To learn how to prevent food poisoning
4. Food and Health (core)	To better understand the social and cultural aspects of food for all people.	To explore the relationships between culture and the social and geographic influences on food	To identify the factors that influence food habits and reasons for eating
8. Eggs (core)	To understand and practice safety in the preparation and storage of foods	To gain the knowledge and develop the skills required to make appropriate food choices and to become discriminating consumers	To understand the grading of eggs To understand the factors involved in buying and storing eggs

Subject: Practical and Applied Arts Course: Agriculture Studies Grade : Secondary			
Module	Foundational Objectives	CEL Foundational Objectives	Learning Objectives
1. Agriculture Today	To demonstrate knowledge of the diversity and significance of Sask. Agriculture, agri-food and agri-fibre businesses.	To promote deductive, intuitive and imaginative thought on the current status and future of Sask. agriculture.	To describe the diversity of Sask. agricultural industry. To describe economic, environmental and social significance of agriculture.
2. Production Networks from Producer to Consumer	To describe range of activities involved in selecting, producing, processing, transporting and marketing an agricultural commodity, value-added product or service.	To observe, research and reflect on the range of activities in value-added or diversified agriculture.	To identify the sequence of activities involved in moving a commodity from producer to consumer To identify and describe various factors which influence or affect each major stage of production.

Curriculum Connections for Grade A...Eggs

Saskatchewan Nutrition

Subject: Practical and Applied Arts Course: Food Studies 10,30 Grade : Secondary 10			
Module	Foundational Objectives	CEL Foundational Objectives	Learning Objectives
4. Food and Health (core)	To understand the importance of the science of nutrition	To gain knowledge and develop the skills required to make appropriate food choices and to become discriminating consumers	To understand and analyze <i>Canada's Food Guide</i> To understand the relationship between nutrients and good health To explore guidelines for evaluating nutritional information and list sources of reliable information To incorporate knowledge of nutrition to make healthy food choices
4. Food and Health (core)	To be creative when applying knowledge about nutrition to food preparation	To interpret data and tables for nutritional values of food	To incorporate knowledge of nutrition to make healthy food choices To analyze what is meant by eating well
4. Food and Health (core)	To better understand the social and cultural aspects of food for all people.	To explore the relationships between culture and the social and geographic influences on food	To identify the factors that influence food habits and reasons for eating
8. Eggs (core)	To appreciate the importance of <i>Canada's Food Guide</i> for the development of an individual's health and wellness	To understand how specific foods contribute to a healthy diet	To identify the role of eggs in <i>Canada's Food Guide</i> and the key nutrients in eggs To examine the role of cholesterol in our diets and implications for good health
9. Snacks (core)	To apply independent learning skills in the preparation of nutritious foods	To interpret data and tables for nutritional values of foods	To discuss how choosing snacks wisely may contribute to a healthy eating plan

Saskatchewan Cooking With Eggs

Subject: Practical and Applied Arts Course: Food Studies 10,30 Grade : Secondary 10			
Module	Foundational Objectives	CEL Foundational Objectives	Learning Objectives
4. Food and Health (core)	To be creative when applying knowledge about nutrition to food preparation	To gain knowledge and develop the skills required to make appropriate food choices and to become discriminating consumers	To incorporate knowledge of nutrition to make healthy food choices To analyze what is meant by eating well

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8. Eggs (core)	To be creative when applying knowledge about nutrition to food preparation	To gain the knowledge and develop the skills required to make appropriate food choices and to become discriminating consumers	To become familiar with the structure of an egg and identify each part To discuss the importance and versatility of eggs in the diet and their role as a traditional breakfast food
8. Eggs (core)	To appreciate the importance of <i>Canada's Food Guide</i> for the development of an individual's health and wellness	To understand how specific foods contribute to a healthy diet	To examine the role of eggs in our foods To identify guidelines for cooking eggs
10. Canada's Food Guide and beyond (core)	To develop the desire and ability to access knowledge about issues and obtain factual information before forming opinions about food-related issues	To apply knowledge and skills when making independent decisions regarding food choices and preparation	To focus on how foods affect one's performance now and one's health in the future To determine sources of reliable nutrition information To define meal management and to identify factors involved in planning meals

Curriculum Connections for Grade A...Eggs

Manitoba Production

Subject: Physical Education, Health Education
Course: Active Healthy Lifestyles, Healthy Lifestyle Practices
Grades: Senior 2

Outcomes

Students will:

K.5.S2.B.2- Explain the concept of active living and the facts that may affect personal choices (safety issues, demographic)

K.5.S2.D.1- Analyze issues

S.5.S2.A.3b-Demonstrate an ability to use information on labels to make daily healthy food choices

Manitoba Nutrition

Subject: Physical Education, Health Education
Course: Active Healthy Lifestyles, Healthy Lifestyle Practices
Grades: Senior 2

Outcomes

Students will:

S.5.S2.A.3b-Demonstrate an ability to use information on labels to make daily healthy food choices

K.5.S2.C1a – Determine the nutritional value of foods using *Canada's Food Guide*

K5.S2.C.1b – Explain the importance of daily food choices for health promotion at various life stages and for the prevention of chronic disease

Manitoba Cooking With Eggs

Subject: Physical Education, Health Education
Course: Active Healthy Lifestyles, Healthy Lifestyle Practices
Grades: Senior 2

Outcomes

Students will:

K5.S2.C.1b – Explain the importance of daily food choices for health promotion at various life stages and for the prevention of chronic disease

K.5.S2.C1a – Determine the nutritional value of foods using *Canada's Food Guide*

S.5.S2.A.3a – Design a 2 day menu that includes factors for eating well

Curriculum Connections for Grade A...Eggs

Ontario Production

<p>Subject: Social Sciences and Humanities: Family Studies Course: Food and Nutrition Grade: 9 or 10, Open</p>	
Strand/Overall Expectations	Specific Expectations
<p>Strand: Personal / Social Responsibilities</p> <ul style="list-style-type: none"> -analyze the responsibilities involved in maintaining nutritional health and well-being -identify consumer responsibility in the investigation of current food issues -summarize the practical factors and demonstrate the skills involved in producing appetizing and healthy food for themselves and others 	<ul style="list-style-type: none"> -explain the purpose of food guidelines (e.g. <i>Canada's Food Guide</i>, health associations food guides) -demonstrate an understanding of Canada's food grading practices, food labeling terms and regulations -produce a compilation of reliable sources of nutritional information -describe how to identify fresh produce -safely use, maintain, clean and store tools and equipment used in food preparation -identify and demonstrate safe food handling practices including kitchen safety, sanitary methods and proper food storage
<p>Strand: Diversity, Interdependence, Global Connections</p> <ul style="list-style-type: none"> -demonstrate an understanding of our Canadian food heritage -identify food supply and production industries in Canada 	<ul style="list-style-type: none"> -determine the contribution of cultural and regional foods in the development of our Canadian food heritage and culture -identify the primary food sources in Canada describe the role of co-operatives and marketing boards
<p>Strand: Social Science Skills</p> <ul style="list-style-type: none"> - demonstrate appropriate use of social science research skills in investigating food related issues -effectively communicate the results of their inquiries -demonstrate effective collaborative group skills 	<ul style="list-style-type: none"> -correctly use food terminology -demonstrate data-collecting skills including use of questionnaires and interviews -use a variety of print or electronic reference tools to build a knowledge base on the Cdn. Agri-food system - organize, interpret and communicate the results of inquiries using a variety of methods -demonstrate effective speaking and listening skills in a small group

Curriculum Connections for Grade A...Eggs

Ontario Nutrition

<p>Subject: Social Sciences and Humanities: Family Studies Course: Food and Nutrition Grade: 9 or 10, Open</p>	
Strand/Overall Expectations	Specific Expectations
<p>Strand: Personal / Social Responsibilities</p> <ul style="list-style-type: none"> -analyze the responsibilities involved in maintaining nutritional health and well-being -identify consumer responsibility in the investigation of current food issues -summarize the practical factors and demonstrate the skills involved in producing appetizing and healthy food for themselves and others 	<ul style="list-style-type: none"> -explain the purpose of food guidelines (e.g. <i>Canada's Food Guide</i>, health associations food guides) -demonstrate an understanding of Canada's food grading practices, food labeling terms and regulations -produce a compilation of reliable sources of nutritional information -identify nutrients and their sources, required for maintaining good health at different stages of the life cycle -evaluate personal eating habits -use appropriate food guides or other sources to plan nutritionally adequate meals in a group setting -describe the influence of marketing and advertising on personal food choices --demonstrate an ability to decipher "best before dates" and read ingredient lists -examine the relationship between consumer awareness and food marketing
<p>Strand: Social Science Skills</p> <ul style="list-style-type: none"> - demonstrate appropriate use of social science research skills in investigating food related issues -effectively communicate the results of their inquiries -demonstrate effective collaborative group skills 	<ul style="list-style-type: none"> -correctly use food terminology -demonstrate data-collecting skills including use of questionnaires and interviews -use a variety of print or electronic reference tools to build a knowledge base on the Cdn. Agri-food system - organize, interpret and communicate the results of inquiries using a variety of methods -demonstrate effective speaking and listening skills in a small group

Curriculum Connections for Grade A...Eggs

Ontario Cooking With Eggs

Subject: Social Sciences and Humanities: Family Studies Course: Food and Nutrition Grade: 9 or 10, Open	
Strand/Overall Expectations	Specific Expectations
<p>Strand: Personal / Social Responsibilities</p> <ul style="list-style-type: none"> -analyze the responsibilities involved in maintaining nutritional health and well-being -identify consumer responsibility in the investigation of current food issues -summarize the practical factors and demonstrate the skills involved in producing appetizing and healthy food for themselves and others 	<ul style="list-style-type: none"> -explain the purpose of food guidelines (e.g. <i>Canada's Food Guide</i>, health associations food guides) -produce a compilation of reliable sources of nutritional information -evaluate personal eating habits -use appropriate food guides or other sources to plan nutritionally adequate meals in a group setting -demonstrate an ability to decipher "best before dates" and read ingredient lists -examine the relationship between consumer awareness and food marketing -describe how to identify fresh produce -
<p>Strand: Social Science Skills</p> <ul style="list-style-type: none"> - demonstrate appropriate use of social science research skills in investigating food related issues -effectively communicate the results of their inquiries -demonstrate effective collaborative group skills 	<ul style="list-style-type: none"> -correctly use food terminology -demonstrate data-collecting skills including use of questionnaires and interviews -use a variety of print or electronic reference tools to build a knowledge base on the Cdn. Agri-food system - organize, interpret and communicate the results of inquiries using a variety of methods -demonstrate effective speaking and listening skills in a small group

Curriculum Connections for Grade A...Eggs

Quebec Production

Subject: Home Economics, Secondary II	
Unit-Concept: Home Economics and Food Planning, Module 2	
Grade Level: Secondary	
General Objectives Students should be able to: Know and understand nutritional needs and resources Adopt a rational approach to selecting, preparing and preserving food	
Terminal Objectives Students should be able to:	Intermediate Objectives Students should be able to:
2.5 Adopt a rational strategy for purchasing food	2.5.2 Explain the criteria to consider when purchasing food 2.5.4 Identify solutions that respect the environment when purchasing food.

Quebec Nutrition

Subject: Home Economics, Secondary II	
Unit-Concept: Home Economics and Food Planning, Module 2	
Grade Level: Secondary	
General Objectives Students should be able to: Apply principles of good nutrition in daily life Know and understand nutritional needs and resources Adopt a rational approach to selecting, preparing and preserving food	
Terminal Objectives Students should be able to:	Intermediate Objectives Students should be able to:
2.2 Classify foods according to the four food groups of Canada's Food Guide 2.3 Identify the functions and main sources of nutrients 2.4 Evaluate menus with respect to the daily servings recommended for each food group in Canada's Food Guide 2.5 Adopt a rational strategy for purchasing food 2.6 Prepare simple nutritious meals	2.2.2 Differentiate among the food products in each food group 2.3.2 Name nutrients 2.3.2 Identify the functions of nutrients in the human body 2.4.4 Plan well-balanced daily menus according to different criteria 2.4.4 Evaluate certain menus in accordance with different criteria 2.5.2 Explain the criteria to consider when purchasing food 2.6.5 Apply health and safety measures in the kitchen

Curriculum Connections for Grade A...Eggs

Quebec Cooking With Eggs

Subject: Home Economics, Secondary II	
Unit-Concept: Home Economics and Food Planning, Module 2	
Grade Level: Secondary	
General Objectives Students should be able to: Know and understand nutritional needs and resources Adopt a rational approach to selecting, preparing and preserving food	
Terminal Objectives Students should be able to:	Intermediate Objectives Students should be able to:
2.2 Classify foods according to the four food groups of Canada's Food Guide 2.3 Identify the functions and main sources of nutrients 2.4 Evaluate menus with respect to the daily servings recommended for each food group in Canada's Food Guide 2.5 Adopt a rational strategy for purchasing food 2.6 Prepare simple, nutritious meals 2.7 Apply different methods of serving and eating foods	2.2.2 Differentiate among the food products in each food group 2.3.2 Name nutrients 2.3.2 Identify the functions of nutrients in the human body 2.4.4 Plan well-balanced daily menus according to different criteria 2.4.4 Evaluate certain menus in accordance with different criteria 2.5.2 Explain the criteria to consider when purchasing food 2.6.2 Measure ingredients accurately 2.6.3 Interpret common cooking terms List some of the factors that affect the way in which foods are served and eaten

Curriculum Connections for Grade A...Eggs

New Brunswick Production

Subject: Nutrition for Healthy Living 120 Overview: Consumer Issues(GCO 4), Post-Secondary Education and Careers Relating to Nutrition(GCO 5) Grade Level: Secondary	
General Curriculum Outcomes	Specific Curriculum Outcomes Students will be expected to:
GCO 4 Identify consumer issues related to food.	<ul style="list-style-type: none">• identify the role of additives and the regulations governing them• identify information found on labels:<ul style="list-style-type: none">- mandatory- optional• identify food technologies<ul style="list-style-type: none">- genetically modified foods- organic foods- natural foods• identify procedures used in safe food handling<ul style="list-style-type: none">- storage- preservation- sanitation- food borne illnesses
GCO 5 Identify post-secondary education programs available to those who wish to pursue a career in nutrition.	<ul style="list-style-type: none">• identify career opportunities and the post-secondary education needed to pursue a career in nutrition

Curriculum Connections for Grade A...Eggs

New Brunswick Nutrition

Subject: Nutrition for Healthy Living 120 Grade Level: Secondary Units: Health and Wellness(GCO 1), Nutrients and Their Functions(GCO 2), Health Trends and Issues(GCO 3), Consumer Issues (GCO 4)	
General Curriculum Outcomes	Specific Curriculum Outcomes
	Students will be expected to:
GCO 1 Identify the factors that determine one's long-term health and wellness.	<ul style="list-style-type: none"> • identify the factors that influence one's total wellness • investigate the guidelines used to promote health and wellness <ul style="list-style-type: none"> ○ heart and stroke ○ cancer society ○ dietary guidelines ○ <i>Canada's Food Guide</i>
GCO 2 Explain the roles of nutrients in the body - digestion, absorption, transportation and metabolism.	<ul style="list-style-type: none"> • identify and define the six categories of nutrients • understand the roles of fat in the body • understand the roles of protein in the body • analyze intake of important nutrients
GCO 3 Identify chronic conditions and the current trends and issues related to their prevention.	<ul style="list-style-type: none"> • identify and understand ways to reduce risks of chronic conditions • investigate current trends and issues related to nutritional health
GCO 4 Identify consumer issues related to food.	<ul style="list-style-type: none"> • identify information found on labels: mandatory, optional • identify the role of additives and the regulations governing them

New Brunswick Cooking with Eggs

Subject: Culinary Technology 110 Units: Safety and Sanitation(GCO 2), Standard Procedures in Food Service(GCO 3), Menu Planning and Cost Control(GCO 4) Grade Level: Secondary	
General Curriculum Outcomes	Specific Curriculum Outcomes
	Students will be expected to:
GCO 2 Identify sanitation and safety procedures and common potential hazards in the workplace.	<ul style="list-style-type: none"> • demonstrate an understanding of sanitation procedures and safe food handling in order to prevent food-borne illnesses
GCO 3 Demonstrate standard procedures used in food preparation and service.	<ul style="list-style-type: none"> • identify and demonstrate the use of standard procedures in food preparation: <ul style="list-style-type: none"> - recipes - measuring - portion control - terminology
GCO 4 Apply the principles of menu planning and cost control in meal preparation.	<ul style="list-style-type: none"> • identify the principles of menu planning: <ul style="list-style-type: none"> - nutrition - variety - balance

Curriculum Connections for Grade A...Eggs

Nova Scotia Production

Subject: Family Studies Course: Junior High FOODS - DRAFT Grade Level: Middle Level/Junior High		
Module	Key Stage Outcome	Specific Curriculum Outcomes
	Students will be able to:	Students will be expected to:
1- Food Preparation Basics	Practice teamwork while working in kitchen lab groups	Demonstrate safe work habits in the kitchen Understand safe food handling practices
3- The Food Consumer	Implement responsible food management practices	Examine decisions involved in food purchasing
5- Nova Scotia Food Products and Related Industry	Identify locally produced food products and their importance to the local economy	Explore the NS agricultural industry and identify NS food products Recognize the benefits of selecting locally grown/produced food

Nova Scotia Nutrition

Subject: Family Studies Course: Junior High FOODS - DRAFT Grade Level: Middle Level/Junior High		
Module	Key Stage Outcome	Specific Curriculum Outcomes
	Students will be able to:	Students will be expected to:
2 - Food for Healthy Living	understand the relationship between nutrients and health	<ul style="list-style-type: none"> • identify reliable sources of nutrition information • identify nutrients in foods • understand how food habits affect present and future health • use the information on food labels when selecting and buying foods
3 -The Food Consumer	implement responsible food resource management practices	<ul style="list-style-type: none"> • examine decisions involved in food purchasing • critically analyze the effect of food marketing practices on consumer behaviour • identify environmental and health issues related to the production and consumption of food

Curriculum Connections for Grade A...Eggs

Nova Scotia

Cooking with Eggs

Subject: Family Studies

Course: Junior High FOODS - DRAFT

Grade Level: Middle Level/Junior High

Module	Key Stage Outcome	Specific Curriculum Outcomes
	Students will be able to:	Students will be expected to:
1 - Food Preparation Basics	practice teamwork while working in kitchen lab groups	<ul style="list-style-type: none">• recognize and use correctly kitchen tools and equipment• demonstrate knowledge of measuring equipment and proper measuring techniques• understand and follow recipes• demonstrate safe work habits in the kitchen
4- Enjoyment of Food	develop an understanding of the social and cultural aspects of food	<ul style="list-style-type: none">• identify social situations that are associated with food• develop creativity in the presentation of food

Curriculum Connections for Grade A...Eggs

Prince Edward Island Production

Subject: Intermediate Home Economics Course: Food Grades: 7 to 9	
General Curriculum Outcomes Students will be expected to:	Specific Curriculum Outcomes By the end of Grade 9 students will be expected to:
Evaluate and manage food technology	Demonstrate safe use of food preparation equipment Discuss how food technology has changed equipment available for food preparation
Demonstrate an understanding of their personal responsibility in food preparation	Investigate current problems with improper handling of food
Demonstrate an understanding of the history and evolution of food technology and its social and cultural implications	Examine the historical evolution of food technologies and predict future developments
Demonstrate an understanding of current and evolving careers and the influence of food technology	Examine the food technologies of specific food production careers and workplaces

Prince Edward Island Nutrition

Subject: Intermediate Home Economics Course: Food Grades: 7 to 9	
General Curriculum Outcomes Students will be expected to:	Specific Curriculum Outcomes By the end of Grade 9 students will be expected to:
Evaluate and manage food technology	Describe the meaning of basic food preparation terms
Demonstrate an understanding of their personal responsibility in food preparation	Evaluate prepared food product Create a food product using a recipe Create plans for preparing simple meals, making effective use of resources
Demonstrate an understanding of their personal responsibility in making healthy food choices	Identify the four food groups and the "other" category Encourage students to identify and discuss a range of nutritional choices that can be used to meet their nutritional preferences
Demonstrate an understanding of the history and evolution of food technology and its social and cultural implications	Explain the need for and the development of convenient foods and fast foods

Curriculum Connections for Grade A...Eggs

Prince Edward Island Cooking With Eggs

Subject: Intermediate Home Economics

Course: Food **Grades:** 7 to 9

General Curriculum Outcomes Students will be expected to:	Specific Curriculum Outcomes By the end of Grade 9 students will be expected to:
Evaluate and manage food technology	Correctly and accurately measure various ingredients Analyze a recipe and identify food preparation needed
Demonstrate an understanding of their personal responsibility in food preparation	Develop a basic recipe or variation of a basic recipe for a simple food product Create a food product using a recipe Create plans for preparing simple meals, making effective use of resources
Demonstrate an understanding of their personal responsibility in making healthy food choices	Explore and explain the relationship of food and life style choices to health

Curriculum Connections for Grade A...Eggs

NFLD and Labrador Production

Subject: Home Economics Intermediate Course: Food and Nutrition Module Grade Level: Intermediate	
Major Objectives Students will be able to:	Intended Learning Objectives Students will be able to:
Understand the importance of a nutritious diet in health and development	Identify the factors that influence food choices
Learn basic safety and sanitation practices related to food preparation	Practice good hygiene when preparing food To practice safety in using large and small equipment, and in carrying out kitchen activities

NFLD and Labrador Nutrition

Subject: Home Economics Intermediate Course: Food and Nutrition Module Grade Level: Intermediate	
Major Objectives Students will be able to:	Intended Learning Objectives Students will be able to:
Understand the importance of a nutritious diet in health and development	Identify the factors that influence food choices To list reasons why nutrition is important To consider the role of Canada's Food Guide in contributing to health To apply Canada's Food Guide in making appropriate food selections
Learn basic safety and sanitation practices related to food preparation	Practice good hygiene when preparing food To practice safety in using large and small equipment, and in carrying out kitchen activities
To apply appropriate organizational skills and food preparation techniques in preparing recipes from the four food groups	To know how to select and use recipes To prepare simple recipes from the four food groups

NFLD and Labrador Cooking With Eggs

Subject: Home Economics Intermediate Course: Food and Nutrition Module Grade Level: Intermediate	
Major Objectives Students will be able to:	Intended Learning Objectives Students will be able to:
Understand the importance of a nutritious diet in health and development	Identify the factors that influence food choices To list reasons why nutrition is important To consider the role of Canada's Food Guide in contributing to health To apply Canada's Food Guide in making appropriate food selections
Learn basic safety and sanitation practices related to food preparation	Practice good hygiene when preparing food To practice safety in using large and small equipment, and in carrying out kitchen activities
To apply appropriate organizational skills and food preparation techniques in preparing recipes from the four food groups	To know how to select and use recipes To practice accurate measuring techniques and understand their importance

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	To prepare simple recipes from the four food groups
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