

Food and Nutrition – Grade 10 – Open**HFN 20B**

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 and how to prepare foods, and will investigate our Canadian food heritage and food industries, as well as global food issues. This course also introduces to research skills related to food and nutrition. This course can be taken in Grade 9 or Grade 10.

Prerequisite: None