

# Summary of Resources



## Authorized Resources for Nutrition 2102 and 3102

[Food for Today](#), Student and teacher text

[Food for Today Teacher Resource](#)

[Food and Nutrition Sciences Lab Manual](#)

[Food and Nutrition Sciences Answer Key](#)

Food Replicas

[Nutritional Value of Some Common Foods \(Health Canada\)](#)

[Modern Food Biotechnology: Principles and Perspectives](#)

Food Safety DVD

[Dr. Richter's Fresh Produce Guide](#)

Comparison Cards

## Recommended Resources by Unit for Each Course

### Nutrition 2102, Unit 1: Food Choices and Nutritional Needs

#### Print Resources:

Partnering for Health: Standards and Guidelines for Health in  
Child Care Settings(Health and Community Services)  
Calcium for Life (pamphlet)

\* At the time of publication the  
identified Internet sites were  
recommended.

#### Internet Resources\*:

[www.virtualteachercentre.ca](http://www.virtualteachercentre.ca) (learning centres)  
[www.kelloggs.ca](http://www.kelloggs.ca) (fiber)  
[www.healthcanada.ca](http://www.healthcanada.ca) (DRIs, supplements, Eating Well with  
Canada's Food Guide & associated resources, breastfeeding)  
[www.beststart.org](http://www.beststart.org) (breastfeeding)  
[www.dieticians.ca](http://www.dieticians.ca) (breastfeeding)  
[www.infactcanada.ca](http://www.infactcanada.ca) (infant feeding)  
[www.cps.ca](http://www.cps.ca) (Canadian Podiatric Society)  
[www.kraftcanada.ca](http://www.kraftcanada.ca)  
[www.gohealthy.ca](http://www.gohealthy.ca)  
[www.schoolmilk.nf.ca](http://www.schoolmilk.nf.ca)  
[www.beefinfo.org](http://www.beefinfo.org)  
[www.dairygoodness.ca](http://www.dairygoodness.ca)  
[www.crfa.ca](http://www.crfa.ca) (Canadian Restaurant and Food Services Association)

**Video:**

Closing the Gap (folic acid)

**Appendix A:**

Activity Sheet: Influences on Food Choices

Dietary Reference Intakes and Related Terminology

Equations to Estimate Energy Requirement

Dietary Reference Intakes

Activity Sheet: Supplement Search

Nutrition for Healthy Term Infants (Outline of  
Recommendations)

Guidelines for Designing and Managing Learning Centres

**Nutrition 2102, Unit 2: Food  
Selection, Preparation and  
Storage**

**VHS/DVD/CD:**

Nutrition Labeling Toolkit for Education

**Internet Resources\*:**

[www.healthcanada.ca](http://www.healthcanada.ca)

[www.dieticians.ca](http://www.dieticians.ca)

[www.canfightbac.org](http://www.canfightbac.org)

[www.inspection.gc.ca](http://www.inspection.gc.ca) (Canada's Food Inspection Therapy)

[www.foodtv.com](http://www.foodtv.com)

[www.mmsb.nf.ca](http://www.mmsb.nf.ca)

[www.gov.nl.ca](http://www.gov.nl.ca)

\* At the time of publication the  
identified Internet sites were  
recommended.

**Appendix B:**

Activity Sheets: Comparative Studies

What's On the Label? Checklist

Food Claims on Labels

Fact Sheet: Food Safety Facts on Botulism

E.Coli 0157

Kitchen Food Safety Tips

Fact Sheet: Safe Food Storage

Food Safety for Older Adults

### Nutrition 2102, Unit 3: Menu and Meal Planning

#### Print Resources:

Careers Menu Pamphlet (Canadian Restaurant Association)

#### VHS/DVD/CD:

Choices (Computer Career Program available from your Guidance Counselor)

\* At the time of publication the identified Internet sites were recommended.

#### Internet Resources\*:

[www.crfa.ca](http://www.crfa.ca)

[www.kellogs.ca](http://www.kellogs.ca)

[www.conferencebound.ca](http://www.conferencebound.ca) (employability skills)

#### Appendix C:

Guest Speaker Report Form

Article/website Report Form

### Nutrition 3102, Unit 1: Food, Nutrition and Health

#### Print Resources:

*Eating Well with Canada's Food Guide*

*Eating Well with Canada's Food Guide – First Nations, Inuit and Métis*

Eating Well with Canada's Food Guide – A Resource for Educators and Communicators

Nutrition: Concepts and Controversies (previously supplied)

\* At the time of publication the identified Internet sites were recommended.

#### Internet Resources\*:

[www.media-awareness.ca](http://www.media-awareness.ca)

[www.statcan.ca](http://www.statcan.ca)

[ww2.heartandstroke.ca](http://ww2.heartandstroke.ca)

[www.diabetes.ca](http://www.diabetes.ca)

[www.cancer.ca](http://www.cancer.ca)

[www.vegweb.ca](http://www.vegweb.ca)

[www.dieticians.ca](http://www.dieticians.ca)

[www.livinghealthyschools.com](http://www.livinghealthyschools.com)

[www.healthcanada.ca](http://www.healthcanada.ca)

#### Appendix D:

Nutrition Pretest

Advertising Strategies

Puzzle Activity

Caffeine Content of Foods and Drugs

A New Food Guide for North American Vegetarians

A Good Reducing Diet

## Nutrition 3102, Unit 2: Food, Technology and Production

\* At the time of publication the identified Internet sites were recommended.

### Internet Resources\*:

[www.statcan.ca](http://www.statcan.ca)  
[www.atlas.gc.ca](http://www.atlas.gc.ca)  
[www.growingcanada.ca](http://www.growingcanada.ca)  
[www.biobasics.gc.ca](http://www.biobasics.gc.ca)  
[www.cpma.ca](http://www.cpma.ca)  
[www.agr.ca](http://www.agr.ca)  
[www.foodbiotech.org](http://www.foodbiotech.org)  
[www.cfa-fc.ca](http://www.cfa-fc.ca)  
[www.healthcanada.ca](http://www.healthcanada.ca)  
[www.dieteticsatwork.com](http://www.dieteticsatwork.com)  
[www.puzzlemaker.com](http://www.puzzlemaker.com)  
[www.strategis.ic.gc.ca](http://www.strategis.ic.gc.ca)  
[www.health.gov.nl.ca/health/publications](http://www.health.gov.nl.ca/health/publications)  
[www.mmsb.nf.ca](http://www.mmsb.nf.ca)  
[www.virtualteachercentre.ca](http://www.virtualteachercentre.ca)

### Appendix E:

Lesson: What's In Your Grocery Cart?

Commodity Groups

Lesson: There's More to Organic Farming than Being Pesticide Free

Lesson: Technology on the Farm

**Nutrition 3102, Unit 3: Food Security**

VHS/DVD/CD:  
Food Safety DVD

\* At the time of publication the identified Internet sites were recommended.

**Internet Resources\*:**  
[www.feedingminds.org](http://www.feedingminds.org)  
[www.beefinfo.org](http://www.beefinfo.org)  
[www.gov.nl.ca](http://www.gov.nl.ca)  
[www.virtualteachercentre.ca](http://www.virtualteachercentre.ca)  
[www.oxfam.ca](http://www.oxfam.ca)  
[www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)  
[www.foodsecuritynews.com](http://www.foodsecuritynews.com)  
[www.ccsd.ca](http://www.ccsd.ca)  
[www.cafb-acba.ca](http://www.cafb-acba.ca)  
[www.statcan.ca](http://www.statcan.ca)  
[www.mmsb.ca](http://www.mmsb.ca)  
[www.foodsecuritynews.com](http://www.foodsecuritynews.com)  
[www.childinfo.org](http://www.childinfo.org)

**Appendix F :**

Factors Affecting Food Safety and Sustainability  
Who Is Hungry in Canada?  
Deriving and Using the Healthy Food Basket Tool  
Job Cards  
Snack Item Comparison

**Appendix G:**

Child, Youth and Family Services Act  
Guidelines for the Laboratory Component of Nutrition 2102 and 3102  
Lab Evaluation Sheet  
Food Lab: Market Order Form  
Food Lab: Work Plan Form

## Bibliography

\* At the time of publication the identified Internet sites were recommended.

Conference Board of Canada (2000, May). Employability Skills 2000+. Retrieved July 2006 from [www.conferenceboard.ca/education/learning-tools/employability-skills.htm](http://www.conferenceboard.ca/education/learning-tools/employability-skills.htm)

Frank, J., Finegood, D. "Foreward from the Canadian Institutes of Health Research", p.S5. *Canadian Journal of Public Health*, Volume 96, Supplement 3, July/August 2005.

Government of Newfoundland and Labrador, *Auditor General's Report*, 2000, p. 179, retrieved July 2006 from [www.gov.nl.ca](http://www.gov.nl.ca)

Hart, L. "Summary of Expert Presentations from the Promoting Healthy Weights Workshop", Chronic Disease Prevention Alliance of Canada, May 9, 2006.

Health Canada, "What Do Canadians Do About Nutrition", retrieved February 2006 (from [www.healthcanada.ca](http://www.healthcanada.ca))

Health Canada, "What Do Canadians Know About Nutrition", retrieved February 2006 (from [www.healthcanada.ca](http://www.healthcanada.ca))

Health Canada, "What Do Canadians Think About Nutrition", retrieved February 2006 (from [www.healthcanada.ca](http://www.healthcanada.ca))