

Table of Contents

Acknowledgements

Introduction

Rationale	1
Curriculum Overview	1
Essential Graduation Learnings	2
General Curriculum Outcomes & Key-Stage Curriculum Outcomes	2
Specific Curriculum Outcomes	3
Curriculum Components	4
Curriculum Organization	6

Teaching, Learning, Assessment & Evaluation

The Learning Environment	9
Role of the Teacher	10
Role of the Student	11
Key Concepts, Skills, and Abilities	12
Learning Skills	12
Personal Management Skills	13
Leadership and Teamwork Skills	14
Career Development	14
Gender Equity	14
The Teaching & Learning Process & Suggested Strategies	15
Key Points About Some Strategies	16
Implementation	21
Time Allocations	21
Getting Started	22
Ground Rules	23
Handling Sensitive Issues	23
Assessment and Evaluation	25
Identifying the Activity	26
Setting the Criteria	26

Specific Curriculum Outcomes

Nutrition 2102	
Unit 1: Food Choices and Nutritional Needs	27
Unit 2: Food Selection, Preparation and Storage	59
Unit 3: Menu and Meal Planning	83
Nutrition 3102	
Unit 1: Food, Nutrition and Health	95
Unit 2: Food Technology and Production	117
Unit 3: Food Security	135

Resources

Summary of Resources

- Food Choices and Nutrition Needs 155
- Food Selection, Preparation and Storage 156
- Menu and Meal Planning 157
- Food, Nutrition and Health 157
- Food Technology and Production.....158
- Food Security.....159
- Bibliography 160

Appendices

- A: Food Choices and Nutrition Needs 161
- B: Food Selection, Preparation and Storage 195
- C: Menu and Meal Planning 237
- D: Food, Nutrition and Health 241
- E: Food Technology and Production 265
- F: Food Security 311
- G: General.....319