

Eastern School District
COURSE DESCRIPTOR
September 2006

Subject Area: Family Studies

Course: Nutrition 3100

Level of Instruction: Senior High

Authorized Learning Resources:

- Nutrition 3100: A Curriculum and Teaching Guide
- *Guide to Modern Meals* (teacher resource) (preciously supplied, out of print)
- *Nutriscore* (student text)
- *Nutrition Concepts and Controversies* (teacher resource) (preciously supplied, out of print)
- *Vegetarian Meal Planning Guide* (teacher resource) (preciously supplied, out of print)

Recommended Resource Sites:

Canadian Health Network <http://www.canadian-health-network.ca/>

Dietitians of Canada <http://www.dietitians.ca/>

Curriculum Overview

Nutrition 3100: This course examines trends in nutrition, lifestyles, and food habits; global food issues and career opportunities.

Evaluation

Tests:	30%
Homework and Class Work:	10 %
Projects/Portfolios/Presentations:	30%
Assignments:	30%