

Food and Nutrition, Grade 9 or 10 Open (HFN2O)

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. The course also introduces students to research skills related to food and nutrition. *All schools except Alexander Henry, Chapleau, and Hornepayne*