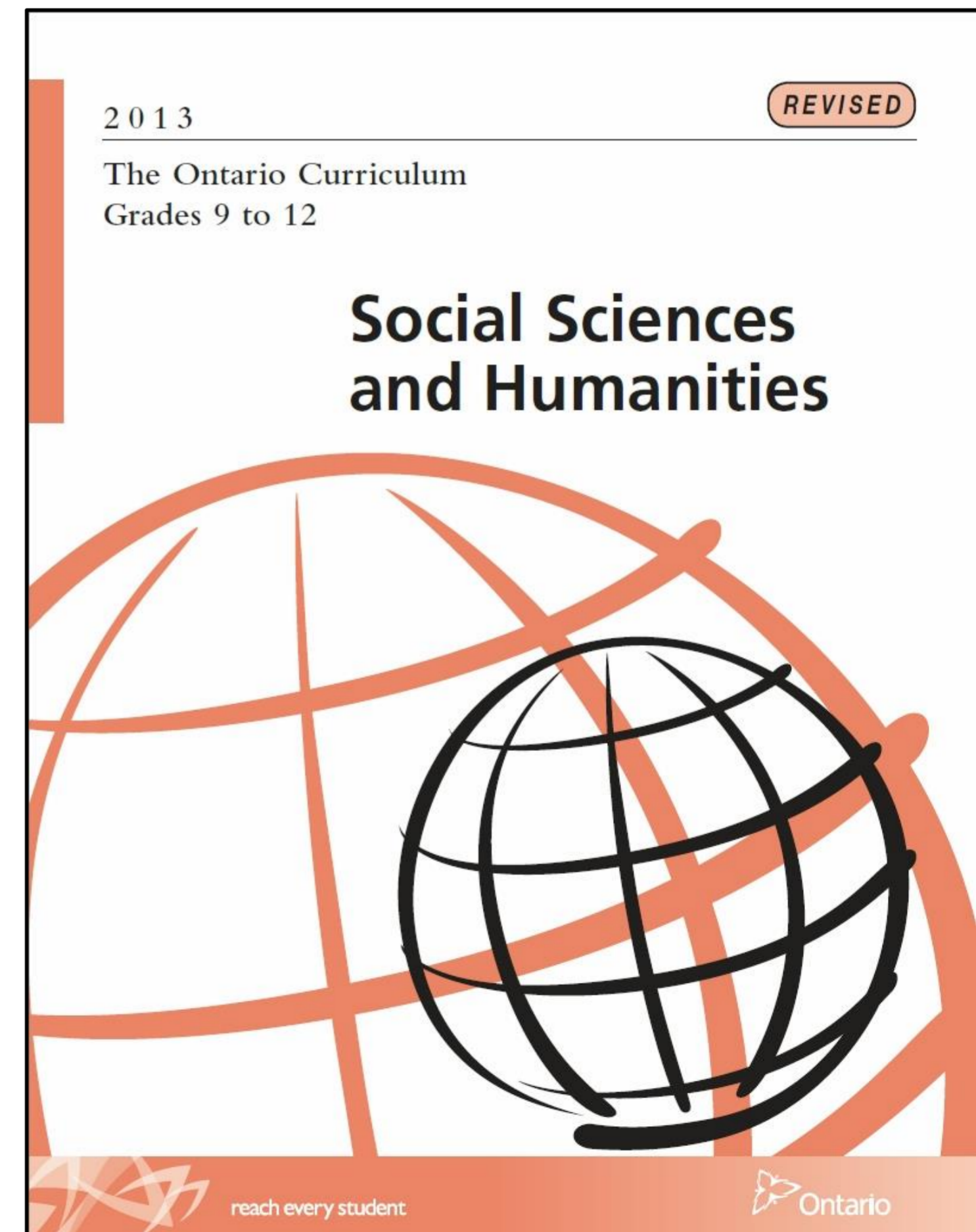


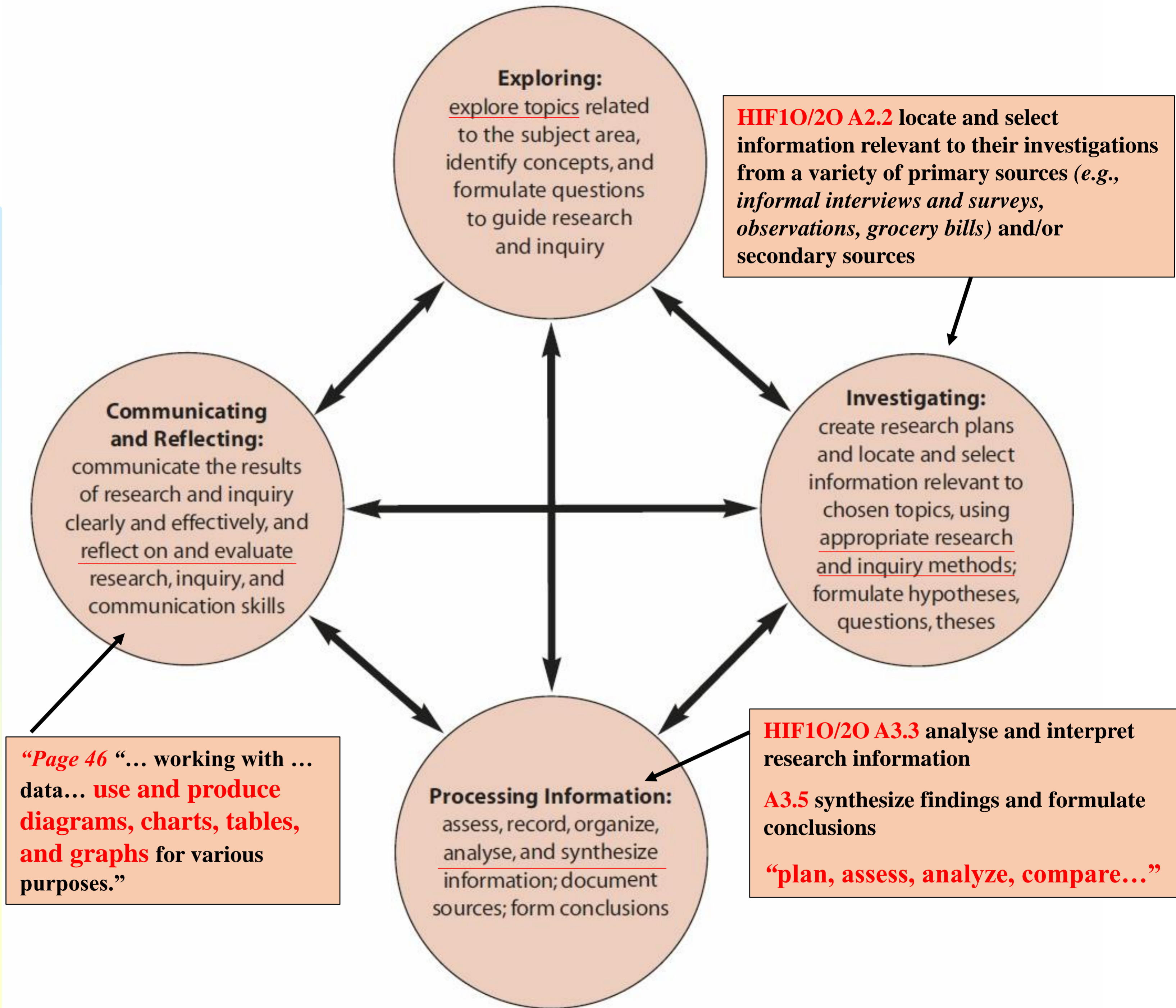
2013 Curriculum Relevance of FoodFocus

The following pages highlight areas of the 2013 Ontario Social Sciences and Humanities curriculum in which FoodFocus can help teachers achieve curriculum objectives.

Because FoodFocus is designed specifically for educational use, it is well-suited for student use.



2013 Curriculum Relevance



2013 Curriculum Relevance

Grade 9	Grade 10	Grade 11	Grade 12
<i>General Family Studies</i>			
<p>Exploring Family Studies (HIF10)</p>	<p>OR</p> <p>Exploring Family Studies (HIF20)</p>	<p>Dynamics of Human Relationships (HHD30)</p>	<p>Families in Canada (HHS4U)**</p>
<p>C3.2 ...demonstrate the practical knowledge and skills to prepare healthy meals and snacks (<i>e.g., plan varied, nutritious, and economical meals and snacks...</i>)</p>			
<p>C3.4 demonstrate the skills required to plan and safely prepare healthy meals (<i>e.g., budgeting for food, shopping for groceries, using Nutrition Facts tables and food labels to make healthy food choices, preparing nutritious meals...</i>)</p>			
			<p>Families in Canada (HHS4C)***</p>
			<p>Human Development throughout the Lifespan (HHG4M)***</p>
			<p>Personal Life Management (HIP40)</p>

2013 Curriculum Relevance

B2.2 compare key recommendations and foods represented in various versions of Canada's Food Guide (e.g., First Nations, Inuit, and Métis version...) "How does the First Nations, Inuit, and Métis version of Canada's Food Guide reflect the rural traditions of these groups?"

C1.1 explain the relationship between geography and the foods naturally found or produced in different regions of Canada

Food and Nutrition

Exploring Family Studies (HIF10)

OR

Exploring Family Studies (HIF20)

Food and Nutrition (HFN10)

OR

Food and Nutrition (HFN20)

Food and Culture (HFC3M)

Food and Culture (HFC3E)

Nutrition and Health (HFA4U)**

Nutrition and Health (HFA4C)***

Food and Healthy Living (HFL4E)

B1.7 plan nutritionally adequate meals using the guidelines in Canada's Food Guide

B2.5 assess own eating patterns and create a personal eating plan to achieve optimal physical health

B2.5 plan & prepare nutrient dense snack / breakfast

C1.4 plan and prepare food item(s) to address specific food needs (e.g., low-sodium, low-cholesterol diet...)

B1.1 describe how various factors (e.g., geography... economics, culture, environment, values) influence personal food choices "How would your food choices be affected if you consumed only food that was grown and/or produced within a 100-kilometre radius of your home?"

2013 Curriculum Relevance

B1.3 analyse specific foods to determine their nutrient content, using...(e.g., ... *nutrient-values databases...*)

B2.5 analyse a recipe and modify it as necessary to reflect specific recommendations in Canada's Food Guide (e.g., *reduce fat and sodium; use whole grains...*)

B3.2 analyse foods to identify their macronutrient content (i.e., % calories from ...nutrients)

B4.1 analyse their own nutrient intake with reference to current Canadian guidelines (e.g., *DRI*s)

Food and Nutrition

Exploring
Family Studies
(HIF1O)

OR

Exploring
Family Studies
(HIF2O)

Food and Culture
(HFC3M)

Nutrition
and Health
(HFA4U)**

B1.3 describe the nutrient content of specific foods, using...(e.g., ... *nutrient-values databases...*)

B3.2 analyse foods to identify their macronutrient content (i.e., % calories from protein, fat, carbs)

B4.1 analyse their own nutrient intake with reference to current Canadian guidelines (e.g., *DRI*s)

B4.4 plan and prepare a food item or items to address a specific nutritional deficiency common to Canadians (e.g., *prepare a high-fibre snack to address a lack of dietary fibre*)

Nutrition
and Health
(HFA4C)***

C1.5 compare fresh, frozen, and canned foods using a variety of criteria (e.g., *price, ... nutritional value...*)

C3.5 plan menu for several days using a variety of strategies

Food and
Healthy Living
(HFL4E)