

Eastern School District
COURSE DESCRIPTOR
September 2006

Subject Area: Family Studies

Course: Foods 1100

Level of Instruction: Senior High

Authorized Learning Resources:

- Foods 1100 Teaching Guide
- *Guide to Modern Meals* (class set) (previously 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

Foods 1100: This is a laboratory course. The focus is on Canada's Food Guide; nutrition and its relation to good health; the storage, preparation and serving of foods; and Newfoundland and Labrador's culinary heritage.

Evaluation

Tests:	30%
Class Work:	10 %
Assignments/Presentations	30%
Labs:	30%