

Syllabus

PLAR Science – (Task 5) Nutritional Science



Course Overview

Number of Units: 5 Units

Estimated time: 3 - 5 weeks or 9 - 15 hours

OALCF Levels: A1.1-2, A2.1-2, A3

Suggested Milestones: 1 or 2, 3 or 4, 8 or 9, 10 or 11, 14

Course Description

This course explores topics to help make healthy food choices and plan a balanced diet. You will learn how to read the Food Guide (2007) to locate specific details, understand and categorize foods in the four food groups, measure food portions, serving sizes and reading food labels to make healthier choice.

Summary of activities: Videos, Tutorials, Quizzes, Games, Activities and Journals.

Unit 1: Canada's Food Guide

This unit looks at Canada's Food Guide (2007) and how to make healthy food choices. You will learn about the purpose and history of Canada's Food Guide, and how the guide can help you make healthy food choices.

Unit 2: Food Groups

This unit explores the four food groups in Canada's Food Guide (2007) and identifying food in each group.

Unit 3: Measuring Food: What is a Serving?

Recognizing unit size helps us understand the serving size we eat and how to compare the products we buy. This section explored the difference between servings and portions, Food Guide portion sizes and recognizing distortion of portions in our foods.

Unit 4: How Many Servings Do They Need?

Effective planning can help us eat healthier. In this unit, learners will work with the Food Guide chart to determine the recommended number of servings, identify chart categories and healthy eating tips.

Unit 5: Reading Food Labels

This unit concentrates on identifying the five sections on a Nutritional Fact Label. Learners will practice comparing products to determine the best value and healthiest choices. Skills for reading tables, measurement sizes, dates and abbreviations are used.