

Food and Nutrition Sciences Lab Manual

TABLE OF CONTENTS (tentative)

Unit 1 Nutrition Essentials for Health and Well-Being

Unit 2 The Role of Nutrition Throughout the Life Cycle

Unit 3 Canada and the Global Food Supply

Unit 4 Contemporary Issues in Food

Safety Resource

Detailed Table of Contents for Unit 1: Nutrition Essentials for Health and Well-Being

- Diagnostic Quiz
- Unit Planner
- Study Guide
- Issues
- Social Science Research
- Careers in Food and Nutrition: Guest speakers
- Food Labs/Related Activities:
 - Fat lab
 - Sugar lab
 - Starch lab
 - Protein lab
 - Food science/food lab
 - Muffins and smoothies



- Mini-assignments
- *Unit 1 Culminating Activity*: Describing nutrients, functions, digestion, metabolism, and importance of fibre and water
- Unit 1 Test
- Course Culminating Activity, Part 1
 - Identifying a product to make and market
 - Identifying the product's key nutrients
 - Labelling requirements for the product