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

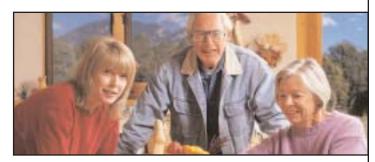
Starch lab

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