

# MANITOBA HUMAN ECOLOGY CURRICULUM CONNECTIONS

HUMAN ECOLOGY – FOOD AND NUTRITION (GRADE 5-10)

WATCH VIDEO



## EXPLORING MILK AND DAIRY IN EVERYDAY EATING (EDUCATIONAL VIDEO)

This lesson, delivered by a Nüton registered dietitian, reviews dairy's role as a foundational food in Canada's Food Guide and provides a cooking demonstration of two dairy inclusive recipes that could be made at home or in the classroom by foods and nutrition students.

This project was requested on behalf of the Manitoba Home Economics Teachers' Association as a pandemic response to the need for alternative remote and in-class learning options. It was our pleasure to offer support to Manitoba teachers and nutrition education to students during this difficult time.

### TECHNICAL AND APPLIED SKILLS

#### Sanitation practices:

Demonstrate personal hygiene

#### Safe and sanitary food handling practices:

Demonstrate safe food handling practices

Demonstrate storage techniques to ensure food safety

#### Food and nutrition literacy skills:

Identify sources of recipes

Different parts of recipes

Identify required and optional ingredients in a recipe

Adapt recipes for substitutions

Define food preparation vocabulary and equipment used

Identify measuring equipment

Describe functions of ingredients

Identify proper heat settings

Prepare and serve food that reflects current nutritional guidelines

### FUNDAMENTALS OF NUTRITION

#### Understanding of Nutrients:

Identify/list/describe nutrients, sources, and functions in the human body

Examine nutrient composition of foods to determine why certain foods are grouped together

Identify Canada's Dietary Guidelines – Canada's Food Guide

- Identify Key messages and recommendations
- Identify diverse foods within the food groups
- Identify how guidelines meet a variety of different dietary needs – food allergies and intolerances

#### Food literacy for achieving and maintaining health and wellness:

List and discuss evidence based sources or references for food and nutrition information

Identify factors to maintain a healthy body