

**Correlation between  
*Food for Life, Second Edition* and  
 British Columbia's *Home Economics:  
 Foods and Nutrition 8 to 10, Integrated Resource Package 2007***

**Prescribed Learning Outcomes: Grade 8**

FOOD PREPARATION FOUNDATIONS	Units	Chapters	Pages
<b><i>Safety and Sanitation</i></b>			
A1: Identify sources of food contamination and demonstrate appropriate preventative measures, including - washing hands - sanitizing work surfaces - cross-contamination prevention - proper dishwashing - clean-up procedures	3: Kitchen Basics	9: Food Safety	206-214
	3: Kitchen Basics	10: Kitchen Safety	238-240
A2: Demonstrate a knowledge of precautionary measures and emergency response associated with food preparation, including - handling hot foods safely (e.g., to prevent steam scalds, burns from hot oil) - responding appropriately to emergencies (e.g., fires, burns, cuts)	3: Kitchen Basics	10: Kitchen Safety	230-237, 242, 244-247, 248-249
A-3: Demonstrate safe use of equipment needed to prepare food items	3: Kitchen Basics	10: Kitchen Safety	231-334, 235-237
<b><i>Kitchen Basics</i></b>			
A4: Demonstrate the ability to follow a recipe, including - selecting appropriate equipment - using appropriate measuring techniques - time management - understanding of terminology	3: Kitchen Basics	11: Kitchen Appliances, Equipment, and Tools	250-268, 271
	3: Kitchen Basics	12: Kitchen Literacy and Numeracy	274-276, 278-279, 283-284, 291-292
	4: Providing Healthy Food	14: Meal Planning and Preparation	337-338, 342

<b>FOOD PREPARATION FOUNDATIONS</b>	<b>Units</b>	<b>Chapters</b>	<b>Pages</b>
A5: Care for and store equipment appropriately	3: Kitchen Basics	11: Kitchen Appliances, Equipment, and Tools	250-268, 270-271
A6: Demonstrate co-operation in partner and group work	4: Providing Healthy Food	14: Meal Planning and Preparation	339-340
<b>Function of Ingredients</b> A7: Identify basic functions of common ingredients used in food preparation	3: Kitchen Basics	12: Kitchen Literacy and Numeracy	280-281, 285-286, 288
	4: Providing Healthy Food	13: Becoming a Wise Consumer	324-325
<b>FOOD PREPARATION TECHNIQUES</b>	<b>Units</b>	<b>Chapters</b>	<b>Pages</b>
<b>Food Products</b> B1: Use recipes to prepare simple, healthy snacks and dishes	1: Influences on Food Choices and Food Patterns	1: Understanding Personal Food Choices	15
	1: Influences on Food Choices and Food Patterns	3: Food Traditions and Etiquette	49
	2: Making Healthy Food Choices	4: How the Body Uses Food	89
	2: Making Healthy Food Choices	5: A Guide to Healthy Food Choices	105
	2: Making Healthy Food Choices	6: Good Nutrition throughout the Life Span	146
	2: Making Healthy Food Choices	8: Body Image and Lifestyle Choices	195
	3: Kitchen Basics	11: Kitchen Appliances, Equipment, and Tools	266-267
	3: Kitchen Basics	12: Kitchen Literacy and Numeracy	277, 288, 290

<b>FOOD PREPARATION TECHNIQUES</b>	<b>Units</b>	<b>Chapters</b>	<b>Pages</b>
<b>Methods of Cooking</b> B2: Use a variety of cooking methods to prepare foods	1: Influences on Food Choices and Food Patterns	1: Understanding Personal Food Choices	15
	1: Influences on Food Choices and Food Patterns	3: Food Traditions and Etiquette	49
	2: Making Healthy Food Choices	5: A Guide to Healthy Food Choices	105
	2: Making Healthy Food Choices	6: Good Nutrition throughout the Life Span	146
	3: Kitchen Basics	11: Kitchen Appliances, Equipment, and Tools	266-267
	3: Kitchen Basics	12: Kitchen Literacy and Numeracy	277, 285-286
	4: Providing Healthy Food	14: Meal Planning and Preparation	339
	5: Early Canadian, Regional, and Global Foods	15: Canadian Food Heritage	360
5: Early Canadian, Regional, and Global Foods	16: A Mosaic of Cuisines	384, 392	
<b>NUTRITION AND HEALTHY EATING</b>	<b>Units</b>	<b>Chapters</b>	<b>Pages</b>
C1: Describe the importance of nutrition and other factors that contribute to health	2: Making Healthy Food Choices	4: How the Body Uses Food	62-87, 88
	2: Making Healthy Food Choices	5: A Guide to Healthy Food Choices	93-117
	2: Making Healthy Food Choices	8: Body Image and Lifestyle Choices	182-201

Grade 8

<b>NUTRITION AND HEALTHY EATING</b>	<b>Units</b>	<b>Chapters</b>	<b>Pages</b>
C2: Use <i>Eating Well with Canada's Food Guide</i> to plan simple, nutritious dishes and snacks	2: Making Healthy Food Choices	5: A Guide to Healthy Food Choices	93-98, 100-101, 104-111, 119-125
C3: Use product labels to identify and compare the nutritional value of a variety of food products	2: Making Healthy Food Choices	2: Making Healthy Food Choices	192
	2: Making Healthy Food Choices	5: A Guide to Healthy Food Choices	111
	4: Providing Healthy Food	13: Becoming a Wise Consumer	312-324
<b>SOCIAL, ECONOMIC, AND CULTURAL INFLUENCES</b>	<b>Units</b>	<b>Chapters</b>	<b>Pages</b>
D1: Describe factors that influence personal food choices	1: Influences on Food Choices and Food Patterns	1: Understanding Personal Food Choices	6-21
	1: Influences on Food Choices and Food Patterns	2: Influences on Food Patterns and Customs	24-37
	2: Making Healthy Food Choices	8: Body Image and Lifestyle Choices	182-207
	4: Providing Healthy Food	14: Meal Planning and Preparation	330-334
	5: Early Canadian, Regional, and Global Foods	15: Canadian Food Heritage	354-375
	5: Early Canadian, Regional, and Global Foods	16: A Mosaic of Cuisines	378-405
D2: Identify and apply classroom table etiquette	1: Influences on Food Choices and Food Patterns	3: Food Traditions and Etiquette	53, 57

## Prescribed Learning Outcomes: Grade 9

FOOD PREPARATION FOUNDATIONS	Units	Chapters	Pages
<b><i>Safety and Sanitation</i></b>			
A1: Identify sources of food-borne illnesses (e.g., salmonella, botulism, E. coli 0157:H7, staphylococcus) and demonstrate appropriate preventative measures, including - washing hands - sanitizing work surfaces - cross-contamination prevention - proper dishwashing - temperature control - clean-up procedures	3: Kitchen Basics	9: Food Safety	208-229
	3: Kitchen Basics	10: Kitchen Safety	234, 236, 242, 244-247, 248-249
A2: Demonstrate a knowledge of precautionary measures and emergency response associated with food preparation, including - handling hot foods safely (e.g., to prevent steam scalds, burns from hot oil) - responding appropriately to emergencies (e.g., fires, burns, cuts)	3: Kitchen Basics	10: Kitchen Safety	230-237, 242, 244-247, 248-249
A3: Demonstrate safe use of equipment needed to prepare food items	3: Kitchen Basics	10: Kitchen Safety	231-234, 235-237
<b><i>Kitchen Basics</i></b>			
A4: Demonstrate the ability to follow a recipe, including - selecting appropriate equipment - using appropriate measuring techniques - time management - understanding of terminology	3: Kitchen Basics	11: Kitchen Appliances, Equipment, and Tools	250-268, 271
	3: Kitchen Basics	12: Kitchen Literacy and Numeracy	274-276, 278-279, 283-284, 291-292
	4: Providing Healthy Food	14: Meal Planning and Preparation	337-338, 342
A5: Care for and store equipment appropriately	3: Kitchen Basics	11: Kitchen Appliances, Equipment, and Tools	250-268, 270-271
A6: Demonstrate organization and co-operation in partner and group work	4: Providing Healthy Food	14: Meal Planning and Preparation	339-340

<b>FOOD PREPARATION FOUNDATIONS</b>	<b>Units</b>	<b>Chapters</b>	<b>Pages</b>
<b><i>Function of Ingredients</i></b> A7: Explain the functions of common ingredients used in food preparation	3: Kitchen Basics	12: Kitchen Literacy and Numeracy	280-289
	4: Providing Healthy Food	13: Becoming a Wise Consumer	324-325
	4: Providing Healthy Food	14: Meal Planning and Preparation	342
<b>FOOD PREPARATION TECHNIQUES</b>	<b>Units</b>	<b>Chapters</b>	<b>Pages</b>
<b><i>Food Products</i></b> B1: Apply cooking principles to prepare healthy dishes and simple meals	1: Influences on Food Choices and Food Patterns	1: Understanding Personal Food Choices	15
	1: Influences on Food Choices and Food Patterns	3: Food Traditions and Etiquette	49
	2: Making Healthy Food Choices	4: How the Body Uses Food	89
	2: Making Healthy Food Choices	5: A Guide to Healthy Food Choices	105
	2: Making Healthy Food Choices	6: Good Nutrition throughout the Life Span	146
	2: Making Healthy Food Choices	8: Body Image and Lifestyle Choices	195
	3: Kitchen Basics	11: Kitchen Appliances, Equipment, and Tools	266-267
3: Kitchen Basics	12: Kitchen Literacy and Numeracy	277, 288, 290	

<b>FOOD PREPARATION TECHNIQUES</b>	<b>Units</b>	<b>Chapters</b>	<b>Pages</b>
<b>Methods of Cooking</b> B2: Use a variety of cooking methods to prepare food	1: Influences on Food Choices and Food Patterns	1: Understanding Personal Food Choices	15
	1: Influences on Food Choices and Food Patterns	3: Food Traditions and Etiquette	49
	2: Making Healthy Food Choices	5: A Guide to Healthy Food Choices	105
	2: Making Healthy Food Choices	6: Good Nutrition throughout the Life Span	146
	3: Kitchen Basics	11: Kitchen Appliances, Equipment, and Tools	266-267
	3: Kitchen Basics	12: Kitchen Literacy and Numeracy	277, 285-286
	4: Providing Healthy Food	14: Meal Planning and Preparation	339
	5: Early Canadian, Regional, and Global Foods	15: Canadian Food Heritage	360
5: Early Canadian, Regional, and Global Foods	16: A Mosaic of Cuisines	384, 392	
<b>NUTRITION AND HEALTHY EATING</b>	<b>Units</b>	<b>Chapters</b>	<b>Pages</b>
C1: Identify and explain the functions of nutrients (including proteins, carbohydrates, fats, vitamins and minerals, fibre, and water) and how they relate to <i>Eating Well with Canada's Food Guide</i>	2: Making Healthy Food Choices	4: How the Body Uses Food	62-84
	2: Making Healthy Food Choices	5: A Guide to Healthy Food Choices	95, 97, 104, 106, 107-113

<b>NUTRITION AND HEALTHY EATING</b>	<b>Units</b>	<b>Chapters</b>	<b>Pages</b>
C2: Use <i>Eating Well with Canada's Food Guide</i> to plan meals and snacks for a nutritionally balanced diet	2: Making Healthy Food Choices	5: A Guide to Healthy Food Choices	93-98, 100-101, 104-111, 119-125
C3: Examine the relationship between individual eating practices and physical activity	1: Influences on Food Choices and Food Patterns	1: Understanding Personal Food Choices	7-9, 13-18, 20-21
	1: Influences on Food Choices and Food Patterns	3: Food Traditions and Etiquette	40-55
	2: Making Healthy Food Choices	5: A Guide to Healthy Food Choices	116-117
	4: Providing Healthy Food	14: Meal Planning and Preparation	330-334
C4: Identify and compare the ingredients and nutritional value of various commercial food products	2: Making Healthy Food Choices	8: Body Image and Lifestyle Choices	192
<b>SOCIAL, ECONOMIC, AND CULTURAL INFLUENCES</b>	<b>Units</b>	<b>Chapters</b>	<b>Pages</b>
D1: Describe factors that influence food choices	1: Influences on Food Choices and Food Patterns	1: Understanding Personal Food Choices	6-21
	1: Influences on Food Choices and Food Patterns	2: Influences on Food Patterns and Customs	24-37
	2: Making Healthy Food Choices	8: Body Image and Lifestyle Choices	182-207
	4: Providing Healthy Food	14: Meal Planning and Preparation	330-334
	5: Early Canadian, Regional, and Global Foods	15: Canadian Food Heritage	354-375
	5: Early Canadian, Regional, and Global Foods	16: A Mosaic of Cuisines	378-405

<b>SOCIAL, ECONOMIC, AND CULTURAL INFLUENCES</b>	<b>Units</b>	<b>Chapters</b>	<b>Pages</b>
D2: Compare a variety of eating customs and etiquette	1: Influences on Food Choices and Food Patterns	2: Influences on Food Patterns and Customs	35-37
	1: Influences on Food Choices and Food Patterns	3: Food Traditions and Etiquette	40-57
	4: Providing Healthy Food	14: Meal Planning and Preparation	344-345
	5: Early Canadian, Regional, and Global Foods	15: Canadian Food Heritage	354-375
	5: Early Canadian, Regional, and Global Foods	16: A Mosaic of Cuisines	378-405

<b>CAREER OPPORTUNITIES</b>	<b>Units</b>	<b>Chapters</b>	<b>Pages</b>
E1: Identify food-related occupations and careers	1: Influences on Food Choices and Food Patterns	1: Understanding Personal Food Choices	19
	1: Influences on Food Choices and Food Patterns	3: Food Traditions and Etiquette	51
	2: Making Healthy Food Choices	4: How the Body Uses Food	82
	2: Making Healthy Food Choices	5: A Guide to Healthy Food Choices	99
	2: Making Healthy Food Choices	6: Good Nutrition throughout the Lifespan	144
	2: Making Healthy Food Choices	7: Living with Special Considerations	157
	2: Making Healthy Food Choices	8: Body Image and Lifestyle Choices	199
	3: Kitchen Basics	9: Food Safety	219
	3: Kitchen Basics	11: Kitchen Appliances, Equipment, and Tools	269
	3: Kitchen Basics	12: Kitchen Literacy and Numeracy	282
4: Providing Healthy Food	13: Becoming a Wise Consumer	311	
4: Providing Healthy Food	14: Meal Planning and Preparation	341	

Grade 9

CAREER OPPORTUNITIES	Units	Chapters	Pages
	5: Early Canadian, Regional, and Global Foods	15: Canadian Food Heritage	362
	5: Early Canadian, Regional, and Global Foods	16: A Mosaic of Cuisines	399
	5: Early Canadian, Regional, and Global Foods	17: Providing Food for Canadians	431

## Prescribed Learning Outcomes: Grade 10

FOOD PREPARATION FOUNDATIONS	Units	Chapters	Pages
<p><b><i>Safety and Sanitation</i></b>            A1: Identify sources of food-borne illnesses (e.g., salmonella, botulism, E. coli 0157:H7, staphylococcus, hepatitis A) and apply appropriate preventative measures</p>	3: Kitchen Basics	9: Food Safety	208-229
<p>A2: Apply appropriate precautionary measures and emergency response associated with food preparation, including            - handling equipment and hot foods safely (e.g., to prevent fires, electrical shocks, cuts, steam scalds, burns from hot oil, uneven microwave heating)            - responding appropriately to emergencies (e.g., fires, burns, cuts)</p>	3: Kitchen Basics	10: Kitchen Safety	230-237, 242, 244-247, 248-249
<b><i>Kitchen Basics</i></b>			
<p>A3: Demonstrate the ability to accurately evaluate and follow a recipe using appropriate equipment and measuring techniques</p>	3: Kitchen Basics	11: Kitchen Appliances, Equipment, and Tools	250-268, 271
	3: Kitchen Basics	12: Kitchen Literacy and Numeracy	274-276, 278-279, 283-284, 291-292
	4: Providing Healthy Food	14: Meal Planning and Preparation	337-338, 342
<p>A4: Identify various types of equipment used for food preparation</p>	3: Kitchen Basics	11: Kitchen Appliances, Equipment, and Tools	252-266
<p>A5: Demonstrate organization and co-operation in partner and group work, including integration of planning skills (e.g., task sequencing, time management)</p>	4: Providing Healthy Food	14: Meal Planning and Preparation	335-340

<b>FOOD PREPARATION FOUNDATIONS</b>	<b>Units</b>	<b>Chapters</b>	<b>Pages</b>
<b><i>Function of Ingredients</i></b> A6: Compare like ingredients and how they affect nutrition, flavour, texture, taste, and quality of the product	3: Kitchen Basics	12: Kitchen Literacy and Numeracy	288, 290, 291
	4: Providing Healthy Food	14: Meal Planning and Preparation	342
<b>FOOD PREPARATION TECHNIQUES</b>	<b>Units</b>	<b>Chapters</b>	<b>Pages</b>
<b><i>Food Products</i></b> B1: Apply cooking principles to prepare healthy dishes and meals, incorporating presentation	1: Influences on Food Choices and Food Patterns	1: Understanding Personal Food Choices	15
	1: Influences on Food Choices and Food Patterns	3: Food Traditions and Etiquette	49
	2: Making Healthy Food Choices	4: How the Body Uses Food	89
	2: Making Healthy Food Choices	5: A Guide to Healthy Food Choices	105
	2: Making Healthy Food Choices	6: Good Nutrition throughout the Life Span	146
	2: Making Healthy Food Choices	8: Body Image and Lifestyle Choices	195
	3: Kitchen Basics	11: Kitchen Appliances, Equipment, and Tools	266-267
3: Kitchen Basics	12: Kitchen Literacy and Numeracy	277, 288, 290	

<b>FOOD PREPARATION TECHNIQUES</b>	<b>Units</b>	<b>Chapters</b>	<b>Pages</b>
<b>Methods of Cooking</b> B2: Use a variety of cooking methods to prepare food	1: Influences on Food Choices and Food Patterns	1: Understanding Personal Food Choices	15
	1: Influences on Food Choices and Food Patterns	3: Food Traditions and Etiquette	49
	2: Making Healthy Food Choices	5: A Guide to Healthy Food Choices	105
	2: Making Healthy Food Choices	6: Good Nutrition throughout the Life Span	146
	3: Kitchen Basics	11: Kitchen Appliances, Equipment, and Tools	266-267
	3: Kitchen Basics	12: Kitchen Literacy and Numeracy	277, 285-286
	4: Providing Healthy Food	14: Meal Planning and Preparation	339
	5: Early Canadian, Regional, and Global Foods	15: Canadian Food Heritage	360
5: Early Canadian, Regional, and Global Foods	16: A Mosaic of Cuisines	384, 392	
<b>NUTRITION AND HEALTHY EATING</b>	<b>Units</b>	<b>Chapters</b>	<b>Pages</b>
C1: Demonstrate an understanding of the following nutrients and their relationship to healthy living: - a variety of protein choices - simple and complex carbohydrates - saturated, unsaturated, and trans fats - micronutrients, including vitamins and minerals	2: Making Healthy Food Choices	4: How the Body Uses Food	62-81
	2: Making Healthy Food Choices	5: A Guide to Healthy Food Choices	95, 97, 104, 106, 107-112

<b>NUTRITION AND HEALTHY EATING</b>	<b>Units</b>	<b>Chapters</b>	<b>Pages</b>
C2: Create nutritious meals for a variety of dietary and budget considerations using <i>Eating Well with Canada's Food Guide</i>	2: Making Healthy Food Choices	5: A Guide to Healthy Food Choices	115-116, 118-120
	2: Making Healthy Food Choices	6: Good Nutrition throughout the Life Span	130, 132-133, 134, 135-136, 138-139, 139-141, 144-145, 148-149
	2: Making Healthy Food Choices	7: Living with Special Considerations	152-181
	4: Providing Healthy Food	14: Meal Planning and Preparation	331-337, 342
C3: Analyze the relationship between daily food intake and physical activity	2: Making Healthy Food Choices	6: Good Nutrition throughout the Life Span	134-135, 137, 146-147, 149
C4: Compare recipes to identify the healthier choice	2: Making Healthy Food Choices	6: Good Nutrition throughout the Life Span	138-139, 141-143
	2: Making Healthy Food Choices	7: Living with Special Considerations	153, 156, 159-161, 163, 165, 171, 174, 179
	3: Kitchen Basics	12: Kitchen Literacy and Numeracy	283, 290

<b>NUTRITION AND HEALTHY EATING</b>	<b>Units</b>	<b>Chapters</b>	<b>Pages</b>
C5: Evaluate commercial food products, including - interpreting information on food labels - analyzing food labels for nutritional value - developing and using criteria to compare similar food products	2: Making Healthy Food Choices	8: Body Image and Lifestyle Choices	192
	3: Kitchen Basics	12: Kitchen Literacy and Numeracy	292
	4: Providing Healthy Food	13: Becoming a Wise Consumer	327
<b>SOCIAL ECONOMIC, AND CULTURAL INFLUENCES</b>	<b>Units</b>	<b>Chapters</b>	<b>Pages</b>
D1: Describe a variety of food marketing techniques	4: Providing Healthy Food	13: Becoming a Wise Consumer	301-303, 308-309, 315-316
D2: Identify factors that affect food production and supply, especially in Canada today	5: Early Canadian, Regional, and Global Foods	17: Providing Food for Canadians	413-432
D3: Describe the cultural origins of menus, recipes, ingredients, and meal etiquette of a variety of ethnic, regional, and local cuisines, as represented in Canada	1: Influences on Food Choices and Food Patterns	3: Food Traditions and Etiquette	42-43, 44-45, 46-53, 54-55, 56
	3: Kitchen Basics	12: Kitchen Literacy and Numeracy	287
	5: Early Canadian, Regional, and Global Foods	15: Canadian Food Heritage	354-375
	5: Early Canadian, Regional, and Global Foods	16: A Mosaic of Cuisines	378-405

<b>CAREER OPPORTUNITIES</b>	<b>Units</b>	<b>Chapters</b>	<b>Pages</b>
E1: Describe food-related occupations and careers	1: Influences on Food Choices and Food Patterns	1: Understanding Personal Food Choices	19
	1: Influences on Food Choices and Food Patterns	3: Food Traditions and Etiquette	51
	2: Making Healthy Food Choices	4: How the Body Uses Food	82
	2: Making Healthy Food Choices	5: A Guide to Healthy Food Choices	99
	2: Making Healthy Food Choices	6: Good Nutrition throughout the Lifespan	144
	2: Making Healthy Food Choices	7: Living with Special Considerations	157
	2: Making Healthy Food Choices	8: Body Image and Lifestyle Choices	199
	3: Kitchen Basics	9: Food Safety	219
	3: Kitchen Basics	11: Kitchen Appliances, Equipment, and Tools	269
	3: Kitchen Basics	12: Kitchen Literacy and Numeracy	282
4: Providing Healthy Food	13: Becoming a Wise Consumer	311	
4: Providing Healthy Food	14: Meal Planning and Preparation	341	

Grade 10

CAREER OPPORTUNITIES	Units	Chapters	Pages
	5: Early Canadian, Regional, and Global Foods	15: Canadian Food Heritage	362
	5: Early Canadian, Regional, and Global Foods	16: A Mosaic of Cuisines	399
	5: Early Canadian, Regional, and Global Foods	17: Providing Food for Canadians	431