

Sugarloaf Senior High School
Ms. H. White
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Nutrition for Healthy Living 120 as Home Learning

Hello Everyone,

I am posting the final two weeks of home learning. I look forward to our communication over the next two weeks, although seeing all of you face to face would certainly be much more pleasing. This new normal has certainly been a challenge for all of us. I wish for you good health and happiness moving forward. Stay Safe. Take Care. 😊



**** The final date to submit home learning assignments is Friday, June 12. Just a reminder that those of you who have completed all 10 weeks of home learning will be eligible for a credit notation. Others will receive an enrolled notation****

Week 9

1. Food Borne Illnesses

Some bacteria and viruses that cause food borne illness are: E. coli, Salmonella, Staphylococcus, Clostridium botulinum, Campylobacter, Clostridium perfringens and hepatitis A.

Research the food borne illnesses listed above and report the following information for each:

1. Disease name and whether it is a bacteria or virus
2. Type of contamination (infection or intoxication)
3. Possible sources and foods affected
4. Symptoms
5. Incubation period

6. Treatment

2. Food Safety Poster

Prepare a food safety slogan and create a poster illustrating it. Produce your poster on a Word document/paint. You may search the internet to gather resources and ideas.

There are five food safety poster examples below.



FIVE SIGNS of SEVERE FOOD POISONING

Do you have these symptoms?
IF SO, SEE A DOCTOR!



Bloody diarrhea



Fever higher than 102°



Persistent vomiting



Dehydration



Double trouble from 3 days



www.cdc.gov/foodsafety

Time/Temperature Control for Safety (TCS) Foods

See www.fda.gov/oc/ohrt/ for more information on TCS foods.



StateFoodSafety

TO GROW, BACTERIA NEED:



WATER



WARMTH



MOISTURE

TO STOP BACTERIA FROM GROWING:



- Control food temperature
- Control the amount of time food spends in the "danger zone" (40°F to 140°F)

3. Social Factors that Influence Your Health

In the following activities you will explore some factors that influence your health such as your relationships, your own identity, your genetics, and the physical environment in which you live. You will also continue to explore wellness goals and examine how policies and laws can play a part in improving and influencing the health of all! Follow the link, watch videos, take notes, and answer the questions.

https://lah.elearningontario.ca/CMS/public/exported_courses/PPZ3C/exported/PPZ3CU2/PPZ3CU2A2/_content.html

Use a Word document or PowerPoint presentation to report. Make sure you write the information in your own words. Do not copy and paste.

Week 10

1. Social Factors that Influence Your Health

In the following two activities you will explore some factors that influence your health such as your relationships, your own identity, your genetics, and the physical environment in which you live. You will also continue to explore wellness goals and examine how policies and laws can play a part in improving and influencing the health of all! Follow the link, watch videos, take notes, and answer the questions.

https://lah.elearningontario.ca/CMS/public/exported_courses/PPZ3C/exported/PPZ3CU2/PPZ3CU2A4/_content.html

https://lah.elearningontario.ca/CMS/public/exported_courses/PPZ3C/exported/PPZ3CU2/PPZ3CU2A5/_content.html

2. Healthy Communities

Making informed choices about healthcare is critical in the pursuit of good health, therefore choosing different services and products becomes a personal choice. Sometimes our personal choices can positively affect the lives of others and the communities in which we live. This last activity gives a snapshot of how you might influence the well being of others while promoting healthy initiatives.

https://lah.elearningontario.ca/CMS/public/exported_courses/PPZ3C/exported/PPZ3CU3/PPZ3CU3A5/_content.html