SOCIAL SCIENCES & HUMANITIES

FAMILY STUDIES

Food & Nutrition

GRADE 10, OPEN (HFN2O)

If you would like to learn more about:

- How to prepare a variety of foods
- Dieting and eating disorders

Take a Look!

- How to improve your communication and group work skills
- How to spend your food money wisely
- Eating healthy in restaurants
- How culture influences our food choices

