FOOD LITERACY IN
THE ONTARIO
SECONDARY SCHOOL
CURRICULUM

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Ontario Home Economics Association
Ontario Home Economics Association

‘Promoting the Art and Science of Smart Living’

A professional body of members with diverse skills and knowledge in Home Economics
More Specifically:


- Professional Home Economists must qualify as a Registered Member of OHEA to use the title ‘Professional Home Economist ‘(P.H.Ec.)

- An organization that promotes high professional standards among its members who in turn assist families and individuals achieve and/or maintain a desirable quality of life.
Home Economists Work to Improve Food Literacy

- Through Education, Curriculum writing, Cooking demonstrations, Cookbooks, Recipe testing, Seminars, Website, Blogs, Media
Ontario Federation of Agriculture Partner

Six by sixteen
Sign the OHEA Petition to make at least one food/nutrition course mandatory for all students in order to obtain an Ontario High School Diploma.  www.ohea.on.ca
Food Education: A Long History in Ontario. Rooted in Home Economics.

Adelaide Hoodless
(1857 – 1910)
The term ‘Home Economics’ morphed into ‘Family Studies’
Where is Food Education in the Ontario Curriculum Today?
Family Studies
Food & Nutrition Courses

- Food and Nutrition (Grade 9 or 10)
- Food and Culture (Grade 11 University/College)
- Food and Culture (Grade 11 Workplace Preparation)
- Nutrition and Health (Grade 12 University)
- Nutrition and Health (Grade 12 College)
- Food and Healthy Living (Grade 12 Workplace)
Curriculum Content (Expectations)

- Kitchen Safety
- Food Safety
- Food Preparation
- Kitchen Literacy and Numeracy
Availability of Food/Sources of Food
- Nutrients
- Energy Balance
- Food and Environmental Responsibility
- Food Security
- Influences on Food Choices

Nutrition throughout the Lifespan
- Nutrition and Disease
- Trends and Patterns in Food and Nutrition
- Food Production and Supply
- Food Shopping / Responsible Consumerism
- Consumer Literacy and Numeracy
- Eating Out

Media, Advertising and Food
Canada’s Food Guide
Healthy Eating
Culture and Food Habits
Other Family Studies Courses that include Food Literacy

- Exploring Family Studies (Grade 9 or 10)
- Raising Healthy Children (Grade 11 Open)
- Working with Infants and Young Children (Grade 11 College)
- Working with School-Age Children and Adolescents (Grade 12 College)
Obstacles in Family Studies Education

- Schools select course offerings to meet student clientele
- All 21 Family Studies courses are elective
- Food courses can be expensive to run
- Conflicts with “Hospitality” courses (Technology Education)
- Parental influences
- Teacher Training
Mandatory Food Education at the Elementary level would be ideal, as well. However, the most up-to-date curriculum is at the secondary level.
CBC TV reports on Mandatory Food Education:

Don’t give up requesting mandatory food education
Gather like-minded groups to support the cause
Gather parents who value and prioritize the subject area
You can influence change. It takes time and persistence and a clear, consistent message
Mary Carver, P.H.Ec.

“In an ideal world, food education would begin at home, be expanded throughout each grade in school and become a life-long interest for all.”
The new OHEA Board is considering its next steps as a new Ontario government sets its priorities as well.

Meanwhile, the petition remains on-line and we welcome signatures and comments.

www.ohea.on.ca