

# FOODS 10

SPRINGBANK COMMUNITY HIGH SCHOOL



## COURSE OUTLINE

**This is a beginners food studies course designed to teach you all the basics to get you confident in the kitchen!**

### **FOD 1010: Food Basics**

You will learn the basics of safety and sanitation within the kitchen, as well as familiarize yourself with cooking utensils and equipment. You will also gain knowledge of the Canadian Food Guide while learning the nutritional and functional values of foods during the cooking process.

### **FOD 1020: Contemporary Baking**

You will develop an understanding of the basics to the art of baking in this module. You will create delicious cookies, muffins and cakes while learning the importance of ingredient selection and mixing techniques in order to transform them into the baker's pride.

### **FOD 1910: Project A**

Design, manage and present your own interactive cooking demonstration to the class.

### **FOD 1060: Canadian Heritage**

You will discover how the culinary arts of Canada today reflect our rich historical origins by crafting a vast array of ethnic foods that will expand your palate.

### **FOD 2180: Fruits and Vegetables**

You will learn about the wide range of vegetable and fruit products available, and how to retain their nutritional value and quality through a variety of cooking methods.

### **FOD 1050: Fast & Convenience Foods**

You will learn how to make wise choices regarding your budget, your time and the nutritional value of the fast, convenient food that you will prepare in this module.



**Julia Child**

*"In France, cooking is a serious art form and a national sport."*

# COURSE INFORMATION

**Your culinary vocabulary will expand greatly over the next few months...have fun!**

## Materials

- Laptop or binder...writing devices may help!
- Apron mandatory for EVERY class
- Hair elastic (for students with long hair)

## Evaluation

Theory: 20 - 30%

Labs: 50 - 60%

Exams: 20 - 30%

Students will receive one credit for each module they successfully complete. If a student does not pass a module, no credit will be awarded.

## Labs

**20 points** will be allotted per lab

Areas of evaluation (5 points per area):

**Grooming, Skills, Product, & Clean-up**

There will be no make-up labs available at the school for days missed, although alternative arrangements can be made ahead of time to cook at home with the consent of the teacher if the absence is excused.

In order to cook during a lab day a student **MUST** :

- Have all assignments completed & handed in.
- Recipe book
- Arrive on time with apron in hand.

## Absences

Students absent from scheduled assignments and exams will need to arrange a mutually agreed upon time to complete the exam.

Students will have until the end of the semester to complete any missed assignments or exams.

It is your responsibility to find out what work was missed during the time that you are away.

The work must be completed with the teacher determining a mutually agreed upon time line for the missed work to be handed in for evaluation.

"I didn't know about it" or "I wasn't there" are not acceptable.

## Deadlines

Deadlines are realistic in the normal working life outside the school setting. Some deadlines are negotiable; some are absolute. If the student does not complete or submit work on either an absolute or a negotiated deadline, that work will be entered as a not handed in assignment until the students submits the work. We also set deadlines as a way of bringing closure to one unit of work and moving ahead to another.



**Who's  
cuisine will  
reign  
supreme?**

Students are expected to:

- Seek assistance from the teacher when they feel unable to complete a task/assignment due to insufficient knowledge or skill. Be sure to advise the teacher of any difficulty well before a task/assignment is due.
- Negotiate alternate deadlines well before an established due date.
- Understand that some deadlines are negotiable; some are absolute.

## Appeal of Term and Final Marks

Refer to Student Handbook.

## Guidelines

All preceding guidelines are subject to slight change

## FYI

The Foods Studies room is a classroom, NOT your home kitchen or pantry.

You are responsible for:

- Maintaining kitchen sanitation /cleanliness
- Keeping your kitchen organized & safe
- Washing & drying all of your dishes
- Helping with laundry and other duties

**Food is the most primitive form of comfort!**

-Sheilah Graham

## FOODS STUDIES 10

### Springbank Community High

32226 Springbank Road  
Calgary, Alberta, Canada  
T3Z 2L9

PHONE: (403) 246-4771

EMAIL: [sklatt@rvschools.ab.ca](mailto:sklatt@rvschools.ab.ca)