

COURSE OUTLINE

FOODS 9

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

UNIT 1: FOOD BASICS

We all know that “You are what you eat!” The Canadian Food Guide assists you to make wise food choices. Learn all the basics of safety, sanitation, measuring and understanding récpes while you experience cooking first hand.

UNIT 2: HEALTHY SNACKING

Snacking is an important part of the way you eat. You will learn how to prepare quick and nutritious appetizers that you will be able to make and you will be able to “WOW” the crowd!

UNIT 3: BAKING BASICS

Here you will learn the basics to the art of baking. 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!

UNIT 4: FAST CONVENIENCE FOODS

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

UNIT 5: MEAL PLANNING BASICS (if we get to this unit – sometimes it is too rushed)

Create meals that can be enjoyed by all ages at a variety of times during the day. Learn how to create a menu that looks and tastes great!

COURSE INFORMATION:

Materials:

- Binder
- **Apron** (mandatory to cook)(supply your own or rent one for \$1.00/class)
- Hair elastics (for those with long hair)

Evaluation:

Theory: 25%

Labs: 50%

Exams: 25%

Labs:

20 points will be allotted per lab. Areas of evaluation are (5 marks each):

- 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 and handed in
- arrive on time with an **APRON**

ABSENCES:

It is the student's responsibility to find out what work was missed during the time 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:

Dealines 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 either an absolute or a negotiated deadline, that work will be considered incomplete. We also set dealines as a way of bringing closure to one unit of work and moving ahead to another.

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 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. Work that is not submitted/complete either a negotiated or absolute deadline may not be assessed/evaluated and it will be considered incomplete.

APPEALS FOR TERM AND/OR FINAL MARK:

Refer to Student Handbook

GUIDELINES:

All preceding guidelines are subject to slight change.

ONLINE RESOURCE:

www.schsfoods9.weebly.com

ilovefoods (password)

CONTACT INFORMATION:

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