



Mr. Harrison/Ms. Yasinski
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Foods 10 – Introductory

Food Studies 10 is an introductory to intermediate-level course focusing on learning safe and sanitary food handling procedures as well as developing hands on/laboratory skills in identifying, using and caring for kitchen equipment, comprehension of recipes, accurate measuring techniques, preparation methods and understanding the importance of efficient work habits. Throughout the modules, students will examine the relationship between food and wellness and will discuss nutritional information and Canada's Food Guide to Healthy Eating.

Modules for 10 are:

1. Food Basics- FOD1010
 - This module will give students a basic understanding of cooking and food. This is a prerequisite module for all students in order to move on to any other module in Foods. Each module is worth 1 credit.
2. Food and Nutrition- FOD1080
3. Contemporary Baking-FOD1020
4. Milk products & Eggs- FOD2060
5. Canadian Food Heritage-FOD1060
6. Snacks & Appetizers-FOD1030
7. Fast & Convenient Foods- FOD1050

Or choose

FOD Project A- FOD1910- Plan and prepare a breakfast of choice.

Each module that is offered will have an individual mark when completed. Students will work independently and in groups and will be expected to participate and complete both theory and lab components. **Attention: Only students whose course work is up-to-date have earned the privilege to participate in labs.**

Summative Assessment: Projects, Labs, safety and sanitation in the lab, employability skills, theory.

Formative Assessment: varies with each module.

Required Resources:

- a) Students are required to bring a pen/pencil and notebook to every class.
- b) Safety is a priority in the Foods lab. Students must have proper footwear (closed-toed shoes) in order to participate in labs.

Assessment of Learning:

Evaluation criteria will vary depending on the module, but will be based on a collection of assignments, quizzes, lab work, and projects. As students work in the lab setting, they will be monitored and assessed for safe food handling, proper equipment usage, accurately following the recipe, and following the discussed behavior guidelines. These observations will be used to produce a laboratory mark. *Teacher professional judgment will be used to determine final student grade based on best student evidence.*

Student Expectations

Students are required to behave appropriately in the classroom. Show teacher and other students respect. There are specific safety guidelines that must be followed in the lab. Students who fail to do so are subject to being removed from the lab. Students will arrive to class on time, as well as attend all classes. No cell phones are allowed in the labs. Leave them at your desk or put away in a coat or purse. If you use the phone in the lab you are subject to being removed from the lab.

Important Note:

Your learning is in your hands and is your responsibility. Every assignment/activity/lab is important.

Missed labs: If you miss a lab you will receive a NHI in Powerschool until you see your teacher about an alternate assignment that can be done at home. The same applies for any theory work you miss. It is the student responsibility to complete all assignments or activities.

Any concerns or questions make sure you discuss this with your teacher.

