



# FOODS & NUTRITION 11/12

## Always Delicious & Nutritious

Welcome to Foods and Nutrition 11/12. This course is a combination of FN 11 & FN 12. The course content alternates every year so that you will not repeat material if you have taken FN in grade 11 and are now taking FN 12 this year. There will be a small section of review at the start of each year. Experience levels vary, so for some students this will be new information. Many labs have several choices of recipes. Some are more challenging than others to suit all skill levels.

### **LEARNING INTENTIONS:**

#### **Food Preparation, Kitchen Basics, Function of Ingredients, & Methods of Cooking**

Students will:

- Apply appropriate safe food preparation measures.
- Demonstrate respect for partner and group cooperation, organization and planning efforts.
- Accurately evaluate and follow a recipe using appropriate equipment and measuring techniques.
- Prepare, sample, and present healthy dishes and meals using budgetary considerations.
- Evaluate results and suggest ways to improve product.
- Use recommended procedures and techniques for a variety of cooking methods and equipment.
- Demonstrate effective time management skills.

#### **Nutrition & Healthy Eating**

Students will:

- Analyze personal eating practices in relation to mental well-being, food fads, and food myths.
- Compare recipes to identify the healthier choice.

#### **Social, Economic, and Cultural Influences**

Students will:

- Understand the value of environmental considerations such as recycling and composting.
- Identify a variety of food marketing techniques.
- Examine how various foods are prepared around the world.

#### **Career Opportunities**

Students will:

- Describe food related careers and occupations.

### **CLASSROOM EXPECTATIONS:**

**Appropriate Behaviour:** Attentive listening; Mutual respect – no put-downs tolerated; Careful and respectful use of community equipment and facilities.

**Learning Contract:** all students must read and sign, and have their parent/guardian read and sign, the FN 11/12 Learning Contract

**Electronic Devices:** personal music players are permitted in the Foods Lab only with specific permission under specific circumstances. Cell phone use (especially including texting) is **NOT** permitted under any circumstances. Students found using cell phones will have the device confiscated or be sent to the office for the remainder of the class period.

**Food and Drink:** healthier snacks and drinks are generally welcome in the Foods lab room – junk food is not welcome (pop, chips, candy bars, slurpees, energy drinks, etc).

**Attendance:** parents/guardians must call in **before** school starts and/or send a note with students who are absent or late to class. Three unexcused absences or lates will result in a phone call home to parents/guardians. Labs missed for excused absences/work experience MAY be excused. If you have more than three excused absences in any single term, missed labs may be made up at home – see teacher for details. You may have to supply your own ingredients.

**Dietary Concerns/Allergies:** please notify the teacher if you have any special dietary concerns or allergies. Students of this age are expected to be responsible about/for their health.

## ASSESSMENT FOR LEARNING – Self, Peer, & Teacher

Labs and assignments will be used to guide instruction and enhance student learning with a strong emphasis on personal reflection and descriptive feedback that will work toward students' ownership of their learning.



## EVALUATION

Labs	50%
Assignments & Projects	25%
Unit & Term Tests (practical & written)	25%

Lab mark includes: preparation, work habits, demonstration of proper techniques and methods, team work, and final product

Note: Students should expect a test, written or practical, at the end of each unit. There is no final exam or cumulative test for this course. In the event that there are no written assignments or projects in a term, the marks will be distributed proportionally between labs (67%) and tests (33%).

## COURSE OUTLINE

(Topics & recipes are subject to change depending on time constraints and student interest)

### Unit 1 – Introduction

- Review of procedures, safety, and measurement

### Unit 2 – Food Preservation

- Dehydration
- Canning
- Freezing

### Unit 3 – Flour Mixtures

- Scones
- Muffins
- Loaves

### Unit 4 – Breakfast

- Eggs
- Creative Lab
- Breakfast Buffet

### Unit 5 – Holiday Baking

- Biscotti
- Cookie Exchange

### Unit 6 – Poultry

- Fine Dining Meals

### Unit 7 – Appetizers

- Appetizer Party

### Unit 8 – Nutrition

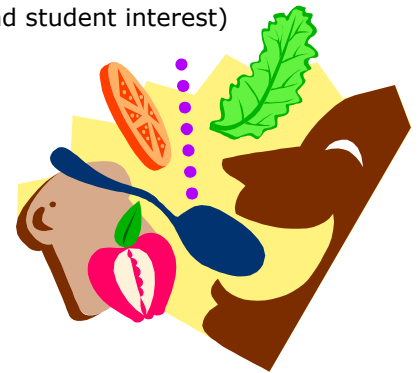
- Specialty Diets

### Unit 9 – Pastry

- Bumbleberry Pie
- Quiche

### Unit 10 – Foods from around the World

- Italy
- Greece



**Some of the fun group projects you will participate in this year include:**

- Holiday baking
- Making substitutions for Specialty Diets
- Appetizer Buffet

