



FOODS & NUTRITION 11/12

Always Delicious & (mostly) Nutritious

Welcome to Foods and Nutrition 11/12. This course combines students in 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. Some labs have choices of recipes so that students with more experience can challenge themselves.

LEARNING INTENTIONS: (Students will be able to)

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

- Apply appropriate food preparation principles for food safety and personal safety & hygiene.
- Demonstrate respect for partner and group cooperation and organization in both planning and food preparation course components.
- Evaluate and accurately follow a recipe using appropriate equipment and measuring techniques.
- Prepare, sample, and present healthy dishes and meals with budgetary considerations.
- Evaluate results and suggest ways to improve product.
- Use procedures and techniques for a variety of cooking methods.
- Demonstrate effective time management skills.

Nutrition & Healthy Eating

- 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

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

Career Opportunities

- Describe food related careers and occupations.



CLASSROOM EXPECTATIONS:

- **Classroom Agreements:** (1) attentive listening; (2) mutual respect; (3) right to pass/participate; (4) no put downs
- **Learning Contract:** all students must read and sign, and have their parent/guardian read and sign, the FN 11/12 Learning Contract
- **Cell phones, MP3 players and iPods:** electronic devices are NOT permitted in the Foods Lab; students found using these devices will have the device confiscated for the remainder of the class (or day)
- **Food and Drink:** healthy food and drink are welcome – junk food is not permitted (pop, chips, candy bars, slurpees, energy drinks, etc.)
- **Attendance:** parents/guardians must call in 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.
- You may receive a maximum of three omits **PER YEAR** (one per term) on labs missed for excused absences only. If you have more than three excused absences, missed labs may be made up at home – see teacher for details. Any work assigned/completed during an unexcused absence cannot be made up and will receive a grade of zero.
- **Dietary Concerns/Allergies:** please notify the teacher if you have any special dietary concerns, restrictions or allergies.

EVALUATION:

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

Lab mark includes: food 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.

COURSE OUTLINE:

Unit 1 – Introduction

- Review of procedures, safety, and measurement

Unit 2 – Food Preservation & Food Safety

- Dehydration
- Canning (jam, salsa)
- Freezing

Unit 3 – Flour Mixtures

- Muffins
- Creative lab - muffin
- Scones/biscuits

Unit 4 – Soups, Stocks & Sauces

- Chicken
- Vegetable
- Brown gravy

Unit 5 – Holiday Baking

- Cookie exchange

Unit 6 – Rice

- Rice pilaf
- Risotto
- Rice pudding
- Fried rice
- Spanish rice
- Sushi

Unit 7 – Vegetables

- Light-hearted Caesar salad
- Scalloped Potatoes
- Stuffed Baked Potato
- Lemon-Zucchini Muffin
- Salsa Showdown (competition!)
- Creative Lab
- Vegetarian Chili & Burrito

Unit 9 – Pastry

- Pie/Quiche
- Choux Paste
- Puff pastry

Unit 10 – Foods from around the World - Asia

- Vegetable Tempura
- Yakisoba
- Teriyaki Chicken
- Zaru Soba
- Kyuri No Sunomo (or sonomono)
- Yakitori
- Okinomi Yaki
- Sukiyaki
- Mini Spring Rolls
- Thai Rice Noodles with Broccoli
- Chinese Pot Stickers
- Salad Rolls



** Each unit of study will include some background information on the topic and a unit test.

** *Course outline list is not exhaustive and is subject to change depending on time constraints and student interest.*