

WELCOME TO FOOD STUDIES 8!



LEARNING OBJECTIVES:

In Foods Studies 8 the students will:

- Learn to prepare simple nutritious foods while working cooperatively.
- Learn kitchen safety, cleanliness and measurements in food preparation.
- Learn how nutrition, using Canada's Food Guide, affects health and well-being.
- Cover topics and recipes including: garlic bread, French toast, muffins, cookies, macaroni and cheese, burritos and pizza.

EXPECTATIONS:

- a note is required for each absence; upon receipt of a note:
 - **complete missed labs at home** (request a 'Make-up Cooking Lab' form upon return to class); lab to be supervised and marked by parent or guardian
 - catch up on missed notes and questions and makeup any missed quiz/test within one week of return to class
- make good use of class time and be willing to work cooperatively in a group
- turn in all assignments on the due date; use your agenda planner to record quiz/test dates
- work quietly and efficiently; act maturely with safety in mind
- be respectful of everyone at all times – no bad language or put downs
- bring only nutritious snacks and beverages into the classroom
- turn cell phones and music off during class time and keep in bag out of sight
- leave bulky articles including band, sports gear and coats in your lockers when possible
- use the washroom before class begins and ask to leave only in emergencies
- students who are late on a lab day may be required to make-up the lab at home

SUPPLIES REQUIRED EVERY CLASS:

- ✓ Binder (or tabbed section of a binder) or duo tang with all course materials
- ✓ Blue or black pen, pencil and eraser

EVALUATION:

70% Labs - practical cooking and self-evaluation (approximately 10% of term mark per lab)
15% Theory & quizzes
15% Test

At the end of this course you will receive a report card displaying your achieved percent and letter grade for Food Studies 8 along with a work habit mark.

WORK HABIT RUBRIC

Categories	Good	Satisfactory	Needs Improvement
Attendance and Punctuality	- No unexcused absences - Consistently/almost always on time.	- One unexcused absence. - Occasionally late.	- Has several unexcused absences - Often late.
Preparedness	- Consistently brings all required materials to class. <i>(eg; binder, textbook, pencil, calculator, P.E. Strip, planner)</i> - Consistently comes prepared to learn & be involved in class. <i>(eg; completes homework and assignments)</i>	- Usually brings all required materials to class. <i>(eg; binder, textbook, pencil, calculator, P.E. Strip, planner)</i> - Most often comes prepared to learn & be involved in class <i>(eg; completes homework and assignments)</i>	- Often forgets required materials for class. <i>(eg; binder, textbook, pencil, calculator, P.E. Strip, planner)</i> - Is often not prepared to learn & not be involved in class. <i>(eg; does not complete homework and assignments).</i>
Responsibility	- Consistently respects others and the learning environment. <i>(eg; listens to others, allows others to focus, is on task, takes care of equipment).</i> - Consistently a positive member of the learning community. <i>(eg; works well with others, participates in discussion and other group activities, is not disruptive)</i>	- Usually respects others and the learning environment. <i>(eg; listens to others, allows others to focus, is on task, takes care of equipment).</i> - Usually a positive member of the learning community. <i>(eg; works well with others, participates in discussion and other group activities, is not disruptive)</i>	- Still learning to respect others and the learning environment. <i>(eg; listens to others, allows others to focus, is on task, takes care of equipment).</i> - Working towards being a positive member of the learning community. <i>(eg; works well with others, participates in discussion and other group activities, is not disruptive)</i>
Initiative	- Consistently takes initiative for own learning. <i>(eg; a self-starter, sees what needs to be done, seeks help when needed/absent)</i>	- Usually takes initiative for own learning. <i>(eg; a self-starter, sees what needs to be done, seeks help when needed/absent)</i>	- Seldom takes initiative for own learning. <i>(eg; a self-starter, sees what needs to be done, seeks help when needed/absent)</i>



Student Signature: _____

Parent Signature: _____

Teacher check: _____