



Foods Studies 9/10 Course Outline/Expectations



Welcome to Foods 9/10. This course combines the previous Foods 9 and Foods 10 courses. The course content alternates every year so that you will not repeat material if you take this course over two consecutive years. 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. This course will introduce you to new cooking techniques and cultures that will increase your discovery of new tastes and foods.

Objectives: Students will...

- Develop better knowledge and skills in the area of safety, food handling, function of ingredients, and measuring and cooking techniques during the preparation of foods from around the world.
- Address nutrition and healthy eating according to *Eating Well with Canada's Food Guide* recommendations.
- Gain an increased awareness of the social, economic, and cultural influences (land, crops, life style) which influence the eating habits and food preparation of various countries or regions.



Course Outline:

➤ Topics and recipes are subject to change depending on time constraints and student/teacher interest but may include:

- ✓ Review of procedures, safety, measuring and equipment
- ✓ Baking: Quickbreads (muffins, loaves, biscuits, scones); and cookies
- ✓ Nutrition: For example – Salads, legumes, raw foods/vegetarian/vegan, ancient grains , smoothies, fruit dishes
- ✓ Easy and cheap foods and snacks: casseroles, microwave and “fast” foods
- ✓ Savvy shopping practices
- ✓ Herbs and seasonings
- ✓ International foods: Some of our time will be spent studying and tasting foods from different countries to explore their traditional food as well as their culture. These countries **may** include France, Mexico, India (or other countries as per student and teacher interest). Students are required to do a country of origin/interest project. This will consist of both a class presentation and cooking lab. Details on this project will be discussed at a later time.



Evaluation:

Each unit will include several lab experiences as well as written assignments and tests.

50%---labs

- Safety-equipment, food, behaviour
- Proper techniques-measurement, equipment use
- Respectful attitude and preparation
- Distribution of work and clean-up



50% --- Written assignments, quizzes and unit tests (Terms 1 & 2).

For Term 3 only: Major project - country of origin/interest will be 50% of Term 3 mark.



Class Expectations:

RESPECT yourself and others (listen to others and the teacher, put your hand up to ask questions and share information, cooperate, share, support and help each other, use respectful language i.e. no put downs)

RESPECT your environment (properly dispose of all recyclables, garbage in the garbage can, clean up after yourself, use equipment and property with care)

RESPECT your learning (be in class on time, have all supplies and homework ready, catch up on missed work due to absences)

LABS: You will be dismissed from your unit once ALL lab duties have been completed and checked by your teacher. **Leaving the class before your unit is checked = 0 for your lab mark for the day.** Labs missed due to excused absences may be made up at home with adult supervision. Please see your teacher for the lab make up sheet.

