

**Home Economics  
Burnaby North Secondary School**

**FOOD STUDIES 9/10 (B)  
Fast, Delicious, Nutritious!**

Welcome to Food Studies 9/10! This course offers you the opportunity to continue your study of food and nutrition which you began in the food portion of Home Economics 8 and for some of you Food Studies 9/10 (A). You will learn new food preparation skills to create fast, delicious, nutritious meals. Please be open to trying new foods – you never know what you will like until you try it!

**LEARNING OBJECTIVES**

**Students will:**



- Understand kitchen safety, cleanliness, prevention of food-borne illness, and proper measurement techniques in food preparation
- Show respect for other students and staff, as well as for the equipment and food to be used in the lab
- Demonstrate effective time management skills
- Become proficient at reading and following recipes accurately
- Become aware of nutrients and proper nutrition
- Use a variety of cooking methods to prepare food
- Learn the basics of meal planning for breakfast, lunch and dinner
- Increase their organizational and cooperative skills in both practical work and other assignments

**COURSE OUTLINE**

During the year we will cover units on the following topics:

**Introduction**

- Kitchen and food safety
- Equipment vocabulary and functions
- Measurement and conversions

**Flour Mixtures: Quickbreads and Yeast Breads**

- Role of ingredients in flour mixtures
- Cookies
- Muffins
- Coffeecakes
- Pretzels
- Cinnamon Buns

**Breakfast**

- Importance of Breakfast
- Pancakes
- Cereals
- Eggs

**Lunch**

- Soups – broth & cream
- Sandwiches, Wraps, Quesadillas

**Nutrition**

- Canada's Food Guide
- Quick healthy snacks

**Dinners**

- Meat and Poultry
- Rice and Pasta
- Vegetarianism

**International Foods**

- Mexican Cuisine
- Greek Cuisine

**Desserts**

- Cakes and holiday baking throughout the year



**Please note:** Course outline subject to change depending on time constraints and student interest.

## SUPPLIES:

- Binder and paper
- Blue or black pen and red marking pen
- Pencil and eraser; highlighter
- Student planner

## CLASSROOM AGREEMENTS

- **(1) Attentive Listening:** You are expected to demonstrate attentive listening while I am instructing the class or your peers are speaking during class discussions.
- **(2) Mutual Respect:** Just as I respect you, you are expected to exhibit courtesy and respect towards me and your peers through your words and actions.
- **(3) Right to Feel Safe:** We all behave in a manner that makes others in the room feel safe and unthreatened.
- **(4) Kind & Caring Words:** Profanity or abusive words are not appropriate – we want to make everyone feel cared for.

## CLASSROOM EXPECTATIONS

- **Arrival:** Quickly take a seat and wait for further instructions.
- **Dismissal:** You are dismissed by me, not the bell. Please stay seated & in your units until permitted to leave.
- **Attendance:** Parents/Guardians must notify the school if their child will be absent or late to school. Three unexcused absences or lates will result in a phone call home to parents/guardians. Any work missed during an unexcused absence cannot be made up. Work missed during an excused absence can be made up – please ask for missed work. It is the student's responsibility to ensure their absence is excused by a parent/guardian.
- **Electronic Devices:** For safety reasons, electronic devices are NOT permitted in the Foods Lab unless I have given you permission to use it as an aid to help facilitate learning.
- **Food and Drink:** Healthy foods and drinks are welcome – junk food is not permitted. Please clean up after yourself
- **Dietary Concerns/Allergies:** Please notify the teacher if you have any special dietary restrictions, allergies or health concerns she should be aware of.
- **Washroom:** Please use before or after class so that learning is not interrupted
- **Academic Honesty:** You are expected to use genuine, sincere, and fair means for the accomplishment of your tests, labs and projects. If you are found plagiarizing, copying or cheating in any way, you can receive an automatic zero and have a phone call made to your parents.

## 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 towards student taking ownership for their learning.



## EVALUATION

Labs	50%
Assignments & Projects	30%
Quizzes & Tests (practical & written)	20%

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**Note:** Students should expect a quiz or test, written or practical, at the end of each unit. There is no final exam or cumulative test for this course.