



FOODS 10

This is a beginners food studies course designed to teach you all the basics to get you confident in the kitchen!

Course Outline

FOD 1010: Food Basics

You will learn the basics of safety & sanitation within the kitchen; as well familiarize yourself with cooking utensils and equipment. You will also gain knowledge of the Canadian Food Guide while learning the nutritional and functional values of foods during the cooking process.

FOD 1020: Contemporary Baking

You will develop an understanding of the basics to the art of baking in this module. You will create delicious cookies, muffins and cakes while learning the importance of ingredient selection, measuring and mixing techniques in order to transform them into the baker's pride.

FOD 1060: Canadian Heritage

You will discover how the culinary arts of Canada today reflect our rich historical origins by crafting a vast array of ethnic foods that will expand your palate.

FOD1040: Meal Planning 1

You will learn the factors influencing food choices. You will plan, prepare and evaluate healthy meals for a variety of lifestyles and special occasions. Preparing a grocery list, estimating costs and time management are very important in this unit.

FOD 1050: Fast & Convenience Foods

You will learn how to make wise choices regarding your budget, your time and the nutritional value of the fast, convenient food that you will prepare in this module.

CTS Courses

The Foods Studies Program at GMHS is part of the Career and Technology curriculum. Each successfully completed module (50% or higher) will award you 1 credit. Each module or credit stands independent of the others. There is no cumulative exam. It is possible to receive less than 5 credits in this class.

Course INFORMATION

Materials

- Laptop or binder, pen or pencil
- Hair elastics (for students with long hair)
- Food container for leftovers

Absences

Work Period – Catch up by working at home so that you are not behind!

Cooking Day – This class is based on the skills you SHOW in the class. Missing a cooking day means I cannot evaluate your skills. Students will be given opportunities to make up a few cooking days but numerous absences can result in zeros.

Tests - Students absent from scheduled exams need to come see me to arrange a mutually agreed upon time for the student to write the test.

Extended Absences - If absent for any reason or for any number of days, please come see me or contact me to find out what was missed while you were away.

**It is extremely important to make up all components during an absence because our modules are short and often an absence could mean missing a required element of that module.*

Deadlines

Please adhere to the deadlines for all assignments. If you are unable to hand an assignment in by that given date, please come and see me with your plan.

What I am Looking for:

1. Be prepared for class & ON TIME
2. Make decisions that are safe and smart
3. Complete all assignments to the best of your ability
4. Participate! Foods is awesome!
5. Communicate with me – tell me if you do not feel comfortable with an activity or skill, you need more time on an assignment etc.
6. Respect your peers and the foods room (maintain cleanliness, utensils, safety etc)

Assessment: How are you doing?

PowerSchool

Marks are updated weekly. Please check them frequently to ensure all course work is complete.

Formative ('for' and 'as' of learning)

This is an ongoing process throughout each module that allows the student time and space to learn. Although all of the student's work will be assessed, not all work will be graded.

Summative Assessment ('of' learning)

Each module/credit will be made up of a theory component, a lab component and a test component.

Theory or Project: 20%

Labs: 40%

Exams or Project 20%

Citizenship & Employability 20%

Labs

20 points will be allotted per lab

Areas of evaluation (5 points per area):

Grooming, Skills, Product & Clean-Up

Citizenship & Employability

"C&E" points are designed to keep you accountable for all your choices. Every day you start with 4 C&E points. You will keep your points by following all class and school rules. Each instance of rule breaking will lose you one point.

Examples of when a point would be lost:

- Late (you also may not cook)
- Talking when inappropriate
- Wasting time
- Arguing, whining, complaining
- Cell phone use without asking

In order to cook during a lab day, a student MUST:

- Have **all assignments** completed & handed in

Guidelines

- All preceding guidelines are at the teacher's discretion.

Let's get
COOKING

FOODS STUDIES 10 GMHS

Email: jbower@rvschools.ab.ca

Website: gmhsfoods.weebly.com

Phone: (403) 948-5935 EXT - 5135