**Ms. M Vint – ADST: Home Economics *Web site:* www.vinthomeec.weebly.com**

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***Project Submissions Only:* MsVsFoodsProjects@gmail.com**

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 might like until you try it!

LEARNING OBJECTIVES

**MCj04241800000[1]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 or projects

COURSE OUTLINE

### During the year we will cover units on topics such as:

### Introduction

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

# *Flour Mixtures: Quickbreads and Yeast Breads*

* Role of ingredients in flour mixtures
* MCj03974920000[1]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***

* Holiday baking throughout the year

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

Supplies:

* Binder or folder to hold papers
* Pen(s), pencil(s) and eraser

CLASSROOM GUIDELINEs:

* **(1) Attentive Listening:** You are expected to demonstrate respectful and attentive listening during teacher instructions and when your peers are speaking during class discussions.
* **(2) Mutual Respect:** Just as you can be expected to be treated with respect, you are expected to exhibit courtesy and respect toward your teacher and your peers (words and actions).
* **(3) Right to Feel Safe:** We all strive to 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. Practice positive partnerships.

CLASSROOM EXPECTATIONS:

* **Attendance:** Parents/Guardians must notify the school if their child will be absent or late to school. Regular unexcused absences will result in teacher contact with parents/guardians. Any work missed during an **un**excused absence may **not** be made up. Work missed during an excused absence may be made up at home. It is the student’s responsibility to ensure their absence is excused by a parent/guardian and to **ask for** missed work. Missed lab make-up forms and most recipes may be found on the website. Students are responsible for providing their own ingredients for missed labs.
* **Electronic Devices:** For safety reasons, electronic devices are not permitted in the Foods Lab unless you are given permission to use it as an aid to help facilitate learning. Examples are: calendars/alarms for due date & test date reminders; cameras to take photos of notes, information searches, etc.
* **Dietary Concerns/Allergies:** Please notify the teacher if you have any special dietary restrictions, allergies or health concerns s/he should be aware of. However, as a young adult, you will be expected to be proactive & know the ingredients **before** you consume the food.



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 that will work towards student taking ownership for their learning.

***Please note that lab, assignment, project and test marks for this class are entered in MyEd as soon as possible after completion, and should then be immediately available for students and parents to view. Students and parents are EXPECTED to take responsibility for your learning and check your family portal regularly to track progress. You must inform me as soon as possible of any errors.***

Lab mark includes: preparation, safety and sanitation, demonstration of proper techniques and methods, team work, final product and clean-up

EVALUATION

Labs 50%

Assignments & Projects 25%

Quizzes & Tests (practical & written) 25%

**Note**: Students should expect a quiz or test, written or practical, at the end of each unit of study. There is no final exam nor cumulative test for this course.MCHM00489_0000[1]