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**FOODS & NUTRITION 11/12**

Always Delicious & (mostly) Nutritious



Welcome to Foods and Nutrition 11/12. This course combines students in FN 11 & FN 12.

The course content alternates every year so that you will not repeat material if you have taken FN in grade 11 and are now taking FN 12 this year. There will be a small section of review at the start of each year. Some labs have choices of recipes so that students with more experience can challenge themselves.

**LEARNING INTENTIONS:** (Students will be able to)

***Food Preparation, Kitchen Basics, Function of Ingredients, & Methods of Cooking***

* Apply appropriate food preparation principles for food safety and personal safety & hygiene.
* Demonstrate respect for partner and group cooperation and organization in both planning and food preparation course components.
* Evaluate and accurately follow a recipe using appropriate equipment and measuring techniques.
* Prepare, sample, and present healthy dishes and meals with budgetary considerations.
* Evaluate results and suggest ways to improve product.
* Use procedures and techniques for a variety of cooking methods.
* Demonstrate effective time management skills.

***Nutrition & Healthy Eating***

* Analyze personal eating practices in relation to mental well-being, food fads, and food myths.
* Compare recipes to identify the healthier choice.

***Social, Economic, and Cultural Influences***



* Understand the value of recycling and composting.
* Identify a variety of food marketing techniques.
* Examine how various foods are prepared around the world.

***Career Opportunities***

* Describe food related careers and occupations.

**CLASSROOM EXPECTATIONS:**

* **Classroom Agreements:** (1) attentive listening; (2) mutual respect; (3) right to pass/participate;

(4) no put downs

* **Cell phones, MP3 players and IPods:** use of electronic devices is discouraged in class, especially during Foods Labs, when it can be a safety issue; students whose devices become a problematic distraction will have the device confiscated for the remainder of the class (or day) and contact with a parent/guardian may be made.
* **Food and Drink:** healthy food and drink are welcome – junk food is discouraged (pop, chips, candy bars, sugary drinks, energy drinks, etc.)
* **Attendance:** parents/guardians must call in, email or send a note with students who are absent or late to class. Habitual unexcused absences or lates will result in a phone call home to parents/guardians.
* You may receive a maximum of three omits **PER YEAR** (one per term) on labs missed for **excused** absences or work experience only. If you have more than three excused absences, missed labs may be made up at home – see teacher for details. Any work assigned/completed during an unexcused absence cannot be made up and will receive a grade of zero.
* **\*\* Dietary Concerns/Allergies:** please notify the teacher if you have any special dietary concerns, restrictions or allergies.

**EVALUATION:**

Evaluation will be based mostly on practical lab work but participation in lab work and demonstrations will also be included in term assessment (65%), along with occasional projects or assignments (35%).

**Lab marks include:** food preparation, work habits, demonstration of proper techniques and methods, and final product. There will be a heavy emphasis on organization, team cooperation, and use/care of equipment and facilities. Sanitation and cleanliness are crucial.

Vint 2017-18

**PROPOSED COURSE OUTLINE:**

***Unit 1 – Introduction***

* Review of procedures, safety, and measurement

***Unit 2 – Food Preservation & Food Safety***

* Dehydration
* Canning (jam, salsa)
* Freezing

***Unit 3 – Flour Mixtures***

* Muffins
* Creative lab - muffin
* Scones/biscuits



***Unit 4 – Soups, Stocks & Sauces***

* Chicken
* Vegetable
* Brown gravy

***Unit 5 –Holiday Baking***

* Cookie exchange

***Unit 6 – Rice***

* Rice pilaf
* Risotto
* Rice pudding
* Fried rice
* Spanish rice
* Sushi

***Unit 7 – Vegetables***

* Light-hearted Caesar salad
* Scalloped Potatoes
* Stuffed Baked Potato
* Lemon-Zucchini Muffin
* Salsa Showdown (competition!)
* Creative Lab
* Vegetarian Chili & Burrito

***Unit 9 – Pastry***

* Pie/Quiche
* Choux Paste
* Puff pastry

***Unit 10 – Foods from around the World - Asia***

* Vegetable Tempura
* Yakisoba
* Teriyaki Chicken
* Zaru Soba
* Kyuri No Sunomo (or sonomono)
* Yakitori
* Okinomi Yaki
* Sukiyaki
* Mini Spring Rolls
* Thai Rice Noodles with Broccoli
* Chinese Pot Stickers
* Salad Rolls

\*\* Each unit of study will include some background information on the topic.

*\*\* Course outline list is not exhaustive and is subject to change depending on time constraints and student interest.*