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Welcome to Foods 9-10. The course content alternates, so 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. Since there are no prerequisites for this course, experience levels may vary widely. For some students, this will be new information; for others it will reinforce skills and knowledge.

For many food preparation techniques, “practice makes perfect.” Some repetition of skills is desirable and necessary to develop and hone students’ skill in these techniques. Interest and variety are maintained during this practice of skills by using a wide variety of recipes. 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 areas of kitchen safety, safe food handling, accuracy in measuring, cooking techniques, and the functions of various ingredients while preparing foods from around the world.
* Address topics of 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.

***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.***

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**Course Outline:**

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

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* Review: lab & classroom procedures, safety, measuring and equipment
* Baking: Quickbreads (muffins, loaves, biscuits, scones) and cookies
* 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, Italy, Germany and India (&/or other countries as selected by students). Students are required to do a country of origin/interest project. This will consist of both a class presentation and a practical/cooking lab led by each student. Details on this project will be discussed later in the course.

**Evaluation:**

Each unit will include several lab experiences as well as assignments/project(s) and a test or quiz.

50%---labs

* Safety in the lab & in the use of equipment; organization, hygiene & sanitation
* ![C:\Documents and Settings\mp15771\Local Settings\Temporary Internet Files\Content.IE5\AX1PI05A\MC900030397[1].wmf]()Proper methods, techniques, measurement & equipment use
* Food handling, product & presentation
* Respectful attitude and cooperation
* Distribution of work (cooperation) and clean-up; work habits

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

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

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**Class Expectations:**

**RESPECT** yourself and others. Listen to others and to 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, compost & garbage in the proper receptacle/bin; clean up after yourself; use school equipment and property/facility with care.

**RESPECT** your learning. Be in class **on time** (seated, have read recipe entirely and **ready to work** by the second bell); have all supplies and homework ready; catch up on missed work due to absences – it is your responsibility to **ASK** for what you’ve missed.

**LABS:** You will be dismissed from your unit only **after** 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 should be made up at home with adult supervision. Please see your teacher for the lab make up sheet or download it from the web site. You may need to purchase your own ingredients for this.

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