

Mrs. J. Cadinha
2022-23

Foods and Nutrition 9 Course Outline



Objectives:

1. To understand and appreciate the value of food, and how it contributes to health and well-being.
2. To develop good habits of safety and sanitation.
3. To practice basic skills in food preparation.
4. To apply and practice nutrition principles in meal planning and cooking.
5. To safely use kitchen equipment in preparing, cooking and serving foods.
6. To know how to find, read, and use recipes from a variety of sources.
7. To develop consumer skills for shopping and recycling responsibly.
8. To cooperate with other people in an organized, active and enjoyable atmosphere.

Topics to be covered:

1. Safety and Sanitation
2. Food Safety
3. Equipment, Measurement and Lab Procedures
4. Quick breads/Baking
5. Milk, Cheese, Eggs (emphasis on Breakfast foods)
6. Healthy Snack Choices
7. Soups and Sandwiches (emphasis on Lunches)
8. Meat and Alternates, and Vegetarian Meals (emphasis on Dinners)
9. Cereals, Grains and Pasta
10. Fruits, Vegetables, and Salads
11. Sweet Treats
12. Seasonal/Celebration/Holiday Foods

Information on **health and nutrition** will be incorporated throughout the course. Please inform your teacher if you have any special food concerns, allergies, etc.

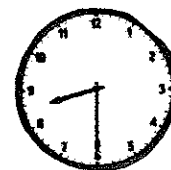
*This course is based on the BC Curriculum, and supports students in the development of **CORE COMPETENCIES**:*

Communication, Creative Thinking, Critical Thinking, Positive Personal & Cultural Identity, Personal Awareness & Responsibility, Social Responsibility

Course Expectations

Students are expected to:

- Be positive and try their best!
- Be on time, and prepared for each class (see supplies, below).
- Keep binder up-to-date and neat.
- Attend all classes, unless ill or on a field trip.
- Choose a "buddy"... help each other stay up-to-date.
- Accept responsibility to catch up on any work missed due to absence.
- Participate in all class activities.
- Missed labs will receive a "0" grade. Labs will receive an "Omit" only due to a field trip. However, missed lab marks can be made up with a "home lab" assignment. It's the student's responsibility to arrange this with the teacher.
- Hand in assignments on time. Marks will be deducted for late work.
- Hand in original work. Work that has been copied is not acceptable.
- Work quietly, efficiently, cooperatively, and respectfully with others.
- Participate in clean-up after cooking. Students leaving the room before cleaning up will receive a zero on the entire lab.
- Please store electronic devices safely at the start of class.
- Devices may only be used with the teacher's permission, and ideally for educational purposes.
- Healthy snacks and drinks are permitted in class (please no chips, pop, candy). A water bottle is encouraged.



Supplies:

Please bring a 3-ring binder, pen and pencil to each class. Occasionally, you'll need pencil crayons (I will try to notify you in advance). An apron must be worn during labs, for cooking and cleanup. You may bring your own from home, or you may "rent" for \$2 (pay once/semester).

Evaluation:

Grades will be based on:

- | | |
|--|-----|
| <input type="checkbox"/> THEORY (assignments, quizzes) | 50% |
| <input type="checkbox"/> LABS (practical work) | 50% |

Report cards will show a letter grade.

Some of the evaluation/feedback students will receive this year, will be based on a new "proficiency scale" being implemented in BC schools.

