

Applied Design, Skills & Technologies – Food Studies 8

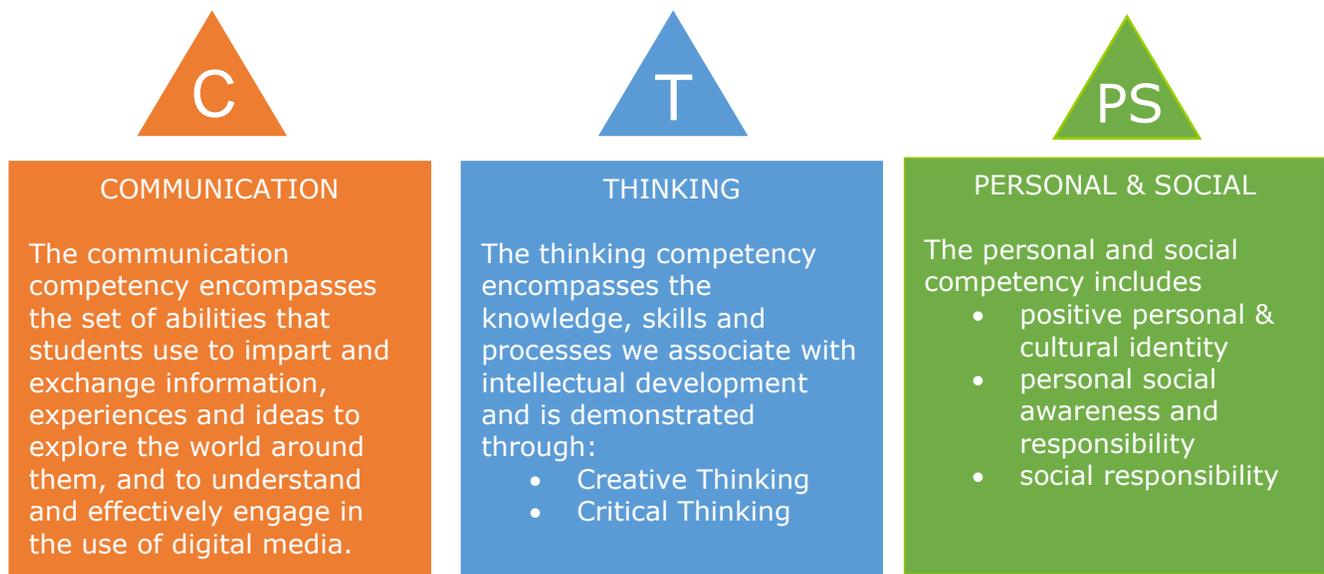
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This course is designed to provide a quick introduction to foods and nutrition. You will learn and practice basic kitchen safety, food safety, and food preparation techniques, as well as increase nutritional value or food quality, modify recipes, utilize local in-season food products, and apply creativity with special occasion food products. In addition, you will be able to practice your cooperation, independence, communication, problem-solving, time management, and organization skills.

Home Economics 8 – Food Studies is the introductory course necessary for your continued studies in Foods and Nutrition 9-12 as well as providing a good base for career development in nutrition, food science and other food industry-related careers.

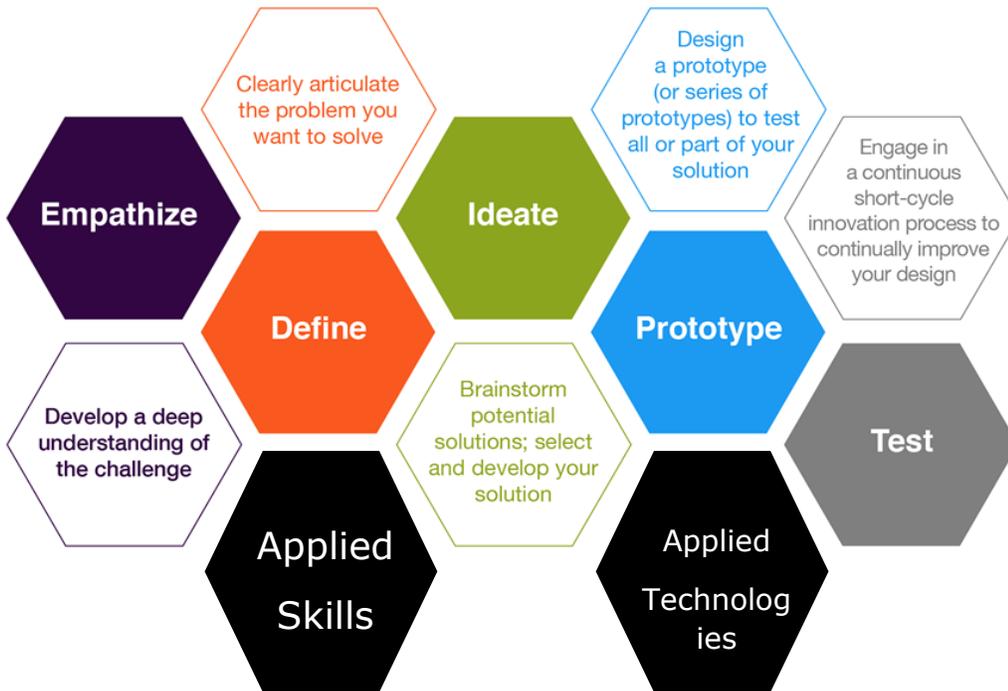
CORE COMPETENCIES: To engage in deep learning and life-long learning, students need to develop intellectual, personal, social and emotional proficiencies.



BIG IDEAS: What students will understand.



CURRICULAR COMPETENCIES: What students will be able to do.



CURRICULAR CONTENT: What students will know.

- ◆ Cross-contamination, including prevention & management
- ◆ Food preparation practices, including elements of a recipe, techniques, and equipment
- ◆ Effects of removing or substituting ingredients, including nutritional profile, food quality, taste
- ◆ Social factors that affect food choices, including eating practices
- ◆ Variety of eating practices
- ◆ Local food systems
- ◆ First Peoples' traditional food use

SUGGESTED TOPICS:

Introduction

- Classroom expectations and lab routines
- Safety and sanitation in the lab
- Equipment location and use
- Measurement conversions and techniques



Flour Mixtures

- Introduction to baking – Batters vs. Doughs
- Function of ingredients in baked products
- Three basic mixing methods – muffin, biscuit and cake

Nutrition and Healthy Eating

- Meal planning and good nutrition
- Local foods & Indigenous connections
- Quick Pizza

Special Occasion

- Cookie/Cupcake Decorating

COURSE SUPPLIES: To be brought to every class...

1. Pen, Pencil, Highlighter, Eraser, Ruler, & Pencil Crayons
2. 3 Ring Binder with Lined Loose Leaf Paper or Steno
3. Full Bib Top Apron (**Bring your own/Purchase for \$5.00**)

ASSESSMENT:

- Assessment is on an on-going process. All assignments respective to the lesson/unit must be completed in order to participate in labs to ensure student success.
- Student performance for this part of Home Economics 8 (Food Studies) will be based on the following:
 - Practical Work (labs)..... 60%
 - Theoretical Work (assignments & tests).....40%

Student – Parent Classroom Agreement:

By signing this agreement, I agree to come to class prepared with my supplies, and ready to participate to the best of my ability. I agree to respect my peers, the teacher and the classroom space, so that I may continue using the space and create a safe classroom environment. I agree that I will communicate if I need extensions on work at least **ONE DAY BEFORE THE DEADLINE**. Most importantly, I agree to engage in a respectful manner in the class!

Student Signature: _____
Parent signature: _____

Date: _____
Date: _____



Applied Design, Skills & Technologies

PANORAMA RIDGE SECONDARY LAB EVALUATION RUBRIC

Criteria	Emerging	Developing	Proficient
Food Safety	<ul style="list-style-type: none"> Needs to meet 2 or more criteria from the "Proficient" column 	<ul style="list-style-type: none"> Needs to meet 1 criterion from the "Proficient" column 	<ul style="list-style-type: none"> Hair remains tied up (Shoulder Length & +) during lab Hands washed after every possible contamination Apron remains on from the BEGINNING until the END of the lab Uses hot soapy water & hot water to wash & rinse dinnerware/ cookware/bakeware/etc. All dinnerware/cookware/ bakeware/etc. are dried thoroughly Work area is thoroughly cleansed & sanitized Minimizes & avoids cross-contamination
Kitchen Safety	<ul style="list-style-type: none"> Needs to meet 2 or more criteria from the "Proficient" column 	<ul style="list-style-type: none"> Needs to meet 1 criterion from the "Proficient" column 	<p>Before lab starts:</p> <ul style="list-style-type: none"> Ensures all equipment are in safe working condition <p>Once lab begins:</p> <ul style="list-style-type: none"> Ensures all equipment are used in a safe manner Ensures work area is always safe Able to apply basic First Aid for Cuts & Burns
Time Management	<ul style="list-style-type: none"> Needs to meet 2 or more criteria from the "Proficient" column OR Time allowed for Unit Check is after the bell (at the end of class) 	<ul style="list-style-type: none"> Needs to meet 1 criterion from the "Proficient" column 	<ul style="list-style-type: none"> Arrives early when needed Before lab starts: Hair/Apron/Hands/Recipe Begins lab on time Once lab begins: One trip to the supply table Dovetails tasks Allows for 10 mins before the end of lab for Unit Check
Independence	<ul style="list-style-type: none"> Needs to meet 2 or more criteria from the "Proficient" column 	<ul style="list-style-type: none"> Needs to meet 1 criterion from the "Proficient" column 	<ul style="list-style-type: none"> Always shows self-motivation Ability to take one's own initiative all the time Always shows ability to problem solve Always shows flexibility
Team Work	<ul style="list-style-type: none"> Needs to meet 2 or more criteria from the "Proficient" column 	<ul style="list-style-type: none"> Needs to meet 1 criterion from the "Proficient" column 	<ul style="list-style-type: none"> Always works cooperatively with others Always assists others without prompting Always establishes positive work environment Always communicates effectively
Food Preparation Techniques	<ul style="list-style-type: none"> Needs to meet 2 or more criteria from the "Proficient" column 	<ul style="list-style-type: none"> Sometimes uses the correct tool and/or equipment Needs to meet 1 criterion from the "Proficient" column 	<ul style="list-style-type: none"> Able to read & comprehend recipe or reads recipe prior to asking for clarification Always uses the correct tool and/or equipment Always uses the correct food preparation technique
Product	<ul style="list-style-type: none"> Needs to meet 2 or more criteria from the "Proficient" column 	<ul style="list-style-type: none"> Needs to meet 1 criterion from the "Proficient" column 	<ul style="list-style-type: none"> Meets product standards as outlined in class