## Applied Design, Skills & Technologies - Food Studies 9

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This course is designed to provide the basics from A to Z: appetizing snacks to meals with zest are all part of Food Studies 9. Understand and enjoy the foods of today through planning, preparing and presenting. Realize personal food needs and establish good eating habits and become more competent and creative in food preparation. Skills learned may be applied to careers in food services, health care and hospitality, as well as everyday living.

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



#### COMMUNICATION

The communication competency encompasses the set of abilities that students use to impart and exchange information, experiences and ideas to explore the world around them, and to understand and effectively engage in the use of digital media.



#### **THINKING**

The thinking competency encompasses the knowledge, skills and processes we associate with intellectual development and is demonstrated through:

- Creative Thinking
- Critical Thinking



#### PERSONAL & SOCIAL

The personal and social competency includes

- positive personal & cultural identity
- personal social awareness and responsibility
- social responsibility

**BIG IDEAS**: What students will understand.

Design can be responsive to identified needs.

Complex tasks require the acquisition of additional skills.

Complex tasks may require multiple tools & technologies.

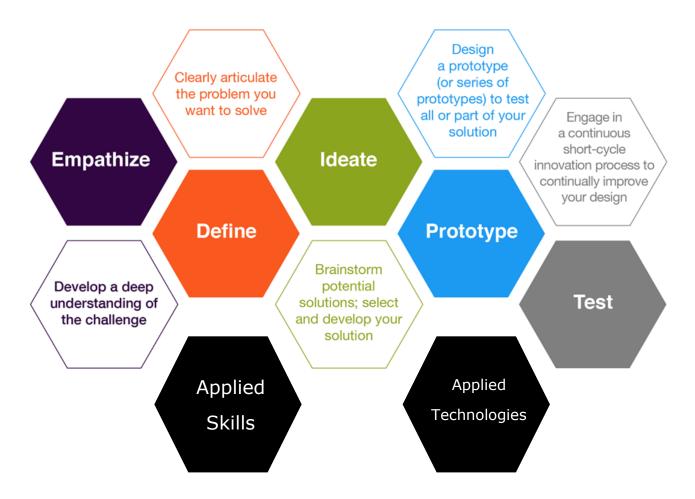


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**CURRICULAR COMPETENCIES**: What students will be able to do.



#### **CURRICULAR CONTENT:** What students will know.

- ◆ Pathogenic microbes associated with food-borne illnesses
- Components of food preparation, including use and adaptations of ingredients, techniques, and equipment
- ◆ Health, economic, and environmental factors that influence availability and choice of food in personal, local, and global contexts
- ◆ Ethical issues related to food systems
- First Peoples traditional food use, including ingredients, harvesting/gathering, storage, preparation, and preservation



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#### **SUGGESTED TOPICS:**

#### Introduction

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

#### First Meal

- Breakfast Categories
- Flour Mixtures/Breakfast Breads
- Eaas
- Breakfast on the Go

#### Middle Meal

- Canada's Food Guide
- Nutrition
- Soups
- Salads
- Sandwiches

### Last Meal

- Eating Patterns
- Complete Meals

#### Snacks

- Special Occasions
- Sweet Treats

#### 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. Plastic Page Protector for recipes
- 4. Full Bib Top Apron (Bring your own/Purchase for \$5.00/Rent for \$2.00) for the duration of the course & to be paid at the beginning of the course)

#### ASSESSMENT:

- All assignments respective to the lesson/unit must be completed in order to participate in labs to ensure student success.
- Student performance for Food Studies 9 will be based on the following allocation of marks:

0	Practical Work (labs)	50%
0	Projects	35%
0	Tests	15%



# Applied Design, Skills & Technologies – Food Studies 9



## PANORAMA RIDGE SECONDARY LAB EVALUATION RUBRIC

Criteria	Emerging	Developing	Proficient
Food Safety	Needs to meet 2 or more criteria from the "Proficient" column	Needs to meet 1 criterion from the "Proficient" column	<ul> <li>Hair remains tied up (Shoulder Length &amp; +) during lab</li> <li>Hands washed after every possible contamination</li> <li>Apron remains on from the BEGINNING until the END of the lab</li> <li>Uses hot soapy water &amp; hot water to wash &amp; rinse dinnerware/ cookware/bakeware/etc.</li> <li>All dinnerware/cookware/ bakeware/etc. are dried thoroughly</li> <li>Work area is thoroughly cleansed &amp; sanitized</li> <li>Minimizes &amp; avoids cross-contamination</li> </ul>
Kitchen Safety	Needs to meet 2 or more criteria from the "Proficient" column	Needs to meet 1 criterion from the "Proficient" column	Before lab starts:  • Ensures all equipment are in safe working condition Once lab begins:  • 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> <li>Needs to meet 2 or more criteria from the "Proficient" column OR</li> <li>Time allowed for Unit Check is after the bell (at the end of class)</li> </ul>	Needs to meet 1 criterion from the "Proficient" column	<ul> <li>Arrives early when needed</li> <li>Before lab starts: Hair/Apron/Hands/Recipe</li> <li>Begins lab on time</li> <li>Once lab begins: One trip to the supply table</li> <li>Dovetails tasks</li> <li>Allows for 10 mins before the end of lab for Unit Check</li> </ul>
Independence	Needs to meet 2 or more criteria from the "Proficient" column	Needs to meet 1 criterion from the "Proficient" column	<ul> <li>Always shows self-motivation</li> <li>Ability to take one's own initiative all the time</li> <li>Always shows ability to problem solve</li> <li>Always shows flexibility</li> </ul>
Team Work	Needs to meet 2 or more criteria from the "Proficient" column	Needs to meet 1 criterion from the "Proficient" column	<ul> <li>Always works cooperatively with others</li> <li>Always assists others without prompting</li> <li>Always establishes positive work environment</li> <li>Always communicates effectively</li> </ul>
Food Preparation Techniques	Needs to meet 2 or more criteria from the "Proficient" column	<ul> <li>Sometimes uses the correct tool and/or equipment</li> <li>Needs to meet 1 criterion from the "Proficient" column</li> </ul>	<ul> <li>Able to read &amp; comprehend recipe or reads recipe prior to asking for clarification</li> <li>Always uses the correct tool and/or equipment</li> <li>Always uses the correct food preparation technique</li> </ul>
Product	<ul> <li>Needs to meet 2 or more criteria from the "Proficient" column</li> </ul>	<ul> <li>Needs to meet 1 criterion from the "Proficient" column</li> </ul>	Meets product standards as outlined in class

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