

Foods 30 Course Outline

Mr. Botros -- Contact Number: 281-3366 ext. 2116 // Email: awbotros@cbe.ab.ca
Ms. Hammond – Contact Number: 281-3366 ext. 2118 // Email: lahammond@cbe.ab.ca

Dr. E.P. Scarlett Assessment Policy,

At Dr. E.P. Scarlett High School, we believe that marks should be a fair and accurate reflection of our students; understanding of the course learning outcomes. In order for teachers to evaluate this, students must complete **all** course work. All assignments, labs and final unit evaluations impact course grades. To that end and within reason, the staff and administration are committed to providing students with opportunities to complete their coursework to achieve success. Students are encouraged to keep up to date with all of their assignments in every course. If clarification is needed or a problem is anticipated, they should speak to their teacher. Students who are not completing course work on time can be asked to use the Flex time period, remain after school and/or work in the Completion Room until they are caught up. Our principles for assessment are explained in more detail on posters in each classroom and on the school website.

Prerequisite

Food Basics 1010 is a prerequisite for most modules in the course.

Course Materials

- Writing Materials

Course Attire for Cooking & Safety

- Hair Tied (for those with long hair)
- Close-Toe shoes
- No baggy or loose clothing (Food preparation and cooking appropriate clothing)

Course Fee: \$65 (In-class teacher demonstrations)

Aim (Purpose or Rationale)

The goal of this course is to introduce students to various methods and skills in cookery and food handling.

Learning Goal(s)

Students will learn healthy eating habits, safe food handling and skills required to prepare and serve food in a safe and sanitary environment.

Course Content

The Foods curriculum is organized into learning modules. Each module will take approximately 25 hours to complete. Students must complete each module to receive credit for that module.

Cell Phone Policy:

Over the last number of years, the CTS Department has noticed a disturbing trend in the use of cell phones in class for non-academic purposes by students, as well as an increasing inability of students to withdraw from cell phone use during class, even after teachers have explained to students their cell phone use is hurting their performance in class. To this end, the CTS department is instituting a policy of no cell phone use in CTS classrooms, unless explicitly allowed by teachers, for academic purposes. We take the success of our students very seriously, and want all of our students to succeed. We feel that while this may require a period of adjustment for some students, it will be in their best interests as students at Dr. EP Scarlett High School. CTS staff will make every effort to help students through the transition away from phones during instructional time, and we understand that students may have to be reminded of the policy from time to time. However, in rare situations where students refuse to make the adjustment to this policy, students will have to be referred

to administration. . If parents need to contact students, they can absolutely contact the main office and we will get the student to a phone. If parents have any concerns about this policy, please feel free to give us a call so we can discuss your concerns.

Programs of Study: Career and Technology Studies

<https://education.alberta.ca/career-and-technology-studies/programs-of-study/>

Modules

1. Food for the Life Stages FOD3010

Students describe how food and nutrition needs change over various life stages, and demonstrate how to meet the challenges of each stage and the adapting of foods to satisfy all ages.

1. Describe the role food plays in the development, enhancement and maintenance of wellness through various life stages
2. Plan and evaluate foods for the enhancement of wellness through life stages
3. Demonstrate knowledge and skills in planning, preparing and evaluating foods for wellness at various stages of life

2. Nutrition and Digestion FOD3020

Students learn about nutrition and how the body processes food by appraising current nutritional theories/issues and dietary needs.

1. Describe the processes of digestion, absorption and metabolism in relation to nutrient composition
2. Explain the role of water, minor vitamins and minerals in achieving and maintaining wellness
3. Describe nutrient intake, food patterns and diet therapies, considering the prevention and management of disease
4. Interpret current nutrition controversies
5. Plan and prepare meal plans to meet specific dietary and nutritional needs of individuals

3. Yeast Products FOD3040

Students further their skills in the handling of yeast dough through the preparation of a variety of yeast products.

1. Explain and apply the knowledge and skills necessary for the production of a variety of advanced yeast products
2. Identify multicultural influences on yeast products

4. Food Presentation FOD3060

Students develop creativity and flair while learning the techniques of tempting and artistic food presentation.

1. Identify the principles of design and their application to the preparation and presentation of foods
2. Identify costs involved in the presentation of foods
3. Demonstrate knowledge and skills in planning, preparing and evaluating the creative presentation of foods

5. Regional Cuisine

FOD3140

Students explore, in depth, the cuisine of a region in order to appreciate the richness of its history and culture. They discover its foods, learn about food customs, experience traditional cooking methods, and adapt local produce to create regional recipes.

1. Identify and describe the various roles that food plays within a specific region
2. Explore the availability of ethnic foods in the marketplace
3. Demonstrate knowledge and skills in the planning, preparing and evaluating of foods and meals representative of a specific culture

Evaluation

*Written Assignments (Module booklets, lab planning/recipe writing, projects, unit evaluation)	40%
*Practical Labs (Cooking, cleaning, participating, lab planning/recipe planning, teamwork)	60%