



. E.P. Scarlett High School

Foods 10 Course Outline

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Aim (Purpose or Rationale)

The goal of this course is to introduce students to various methods and skills in cooking 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.

Prerequisite

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

Programs of Study: Career and Technology Studies

https://education.alberta.ca/media/160524/fod_pos.pdf

Modules

1. Food Basics

FOD1010

Students learn safe and sanitary food handling procedures, equipment care, comprehension of recipes and the importance of efficient work habits.

1. Describe and demonstrate factors relating to safety and sanitation
2. Research common methods of hazard assessment and control
3. Demonstrate food choices in relation to Eating Well with Canada's Food Guide
4. Demonstrate knowledge and skills in the planning, preparing and evaluating of basic food recipes
5. Demonstrate basic competencies

2. Contemporary Baking

FOD1020

Students develop and demonstrate an understanding of traditional and contemporary baking focusing on basic measuring techniques, preparation methods, role of ingredients and the proper use of equipment for baked goods.

1. Identify the role of baked goods in the Canadian diet
2. Identify and describe the factors involved in the preparation of baked products

3. Demonstrate correct preparation methods for the production of a variety of baked goods
4. Identify contemporary methods of baking that emphasize wellness in baked goods
5. Demonstrate knowledge and skills in the planning, preparing and evaluating of contemporary baked products

3. Snacks and Appetizers

FOD1030

Students apply the importance of snacks and appetizers related to lifestyle, by making nutritious, as well as delicious, snacks and appetizers.

1. Describe factors that affect snack choices
2. Describe snacks and appetizers in relation to the guidelines in Eating Well with Canada's Food Guide
3. Demonstrate knowledge and skills in the planning, preparing and evaluating of various snacks and appetizers

4. Milk Products and Eggs

FOD2060

Students develop skills in using milk products and eggs by examining how to retain their nutritional value and quality through a variety of preparation and presentation methods.

1. Identify the importance of a variety of milk products and eggs available
2. Develop an understanding of a variety of eggs and egg products available
3. Describe the role of milk in various cooking applications
4. Describe the role of cheese in various cooking applications
5. Describe the role of eggs in various cooking applications
6. Demonstrate the principles of milk and egg cookery in the preparation, presentation and evaluation of milk and eggs products

5. Vegetables & Fruits

FOD2180

Students learn about the wide range of vegetables and fruits available, and how to retain their nutritional value and quality through a variety of preparation and presentation methods.

1. Describe how vegetables and fruits are classified
2. Appraise the nutritional value and quality of vegetables and fruits
3. Determine methods and effects of cooking vegetables and fruits
4. Demonstrate knowledge and skills in the planning, preparing and evaluating of fruits and vegetables

Evaluation

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

Course Materials

- Writing Materials

Course Attire for Cooking & Safety

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

Course Fee: **\$65 (Food/cooking supplies + In-class teacher demonstrations)** Dr. E.P. Scarlett Assessment Policy,

Staff Responsibility

Staff will

- clearly communicate the expectations for academic honesty and the consequences (see below) of not being academically honest
- provide instruction on the proper means of citing other's work, to minimize unintended plagiarism
- take care in establishing a testing environment
- report to school administration and make note of incident(s) of academic dishonesty on the student's file
- Progressive Student Discipline will be adopted so that teachers, parent(s)/guardian(s), and administrators can help students take responsibility for their learning to achieve their academic goals

Student Responsibility

Students are expected to behave according to the CBE Student Code of Conduct. Students are expected to be academically honest in pursuit of their studies, whether through learning with their peers, completing class work, or in preparing for, and writing examinations. This includes avoiding plagiarism and cheating.

To be academically honest, a student must:

- refrain from copying another student's work
- use only materials which are permitted (as clearly stated by the teacher)
- refrain from communication during the testing session
- follow all communicated directions and expectations for papers and presentations, a student must:
- create and submit for marks original work that has been completed through their own efforts, or in the case of a group project, through their group's effort(s)
- credit the creative and intellectual efforts of others

Plagiarism

When ideas are taken from other sources without giving credit, this is known as plagiarism. Plagiarism is the unacknowledged use of somebody else's words or ideas.

Plagiarism is a serious academic offense and will be dealt with by the teacher and/or administration.

We expect our students to act with academic integrity, and to use their own knowledge to demonstrate authentic learning. Authentic learning occurs when students create and demonstrate their own knowledge. We expect our students to be honest and ethical in their schoolwork and in how they deal with others. Our teachers support students' authentic and ethical learning through teaching when and how to cite resources to acknowledge and respect the rights of creators.

Credit must be given when you:

- use or refer to somebody else's words or ideas from a magazine, book, newspaper, song, TV program, movie, web page, computer program, letter, advertisement, or any other source
- use information gained through interviewing another person
- copy the exact words from somewhere
- paraphrase the written work of others
- use any diagrams, illustrations, charts, and pictures that are not your creations

No credit is required when you are:

- writing your own experiences, your own observations, your own insights, your own thoughts, your own conclusions about a subject
- using common knowledge, common sense observations, or shared information
- using generally accepted facts
- writing up your own experimental results

Cheating

Absolutely no cell phones or personal electronic devices are allowed during exams or testing situations. These devices must be turned off and placed in your backpack; or not brought into the class at all during exams. This is in accordance with Alberta Education Diploma Rules and Regulations. Failure to comply – such as having a phone or personal electronic device on your person during an exam or quiz will invalidate your exam.

Academic Misconduct includes, but is not limited to:

- cheating or helping others to cheat. Forms of cheating include the use of unauthorized materials such as: cheat sheets or notes and/or on-line sites for essays, sharing answers
- copying, communicating with others, which includes but is not limited to: whispering, passing notes or other materials, signaling, exchanging papers, texting answers, posting questions or answers on social media
- writing quizzes, tests or exams for others
- using calculators inappropriately (eg. storing data prior to a test or information from a test afterwards)
- use of text messaging on a cell phone or other device
- inappropriately accessing the internet or computer files □ allowing another person to copy one's work or answers
- failure of protect your work from being copied
- discussing an exam before instructed by a teacher that it is permitted to do so
- altering the mark or answers on assignments, tests or quizzes marked in class

Consequences

Academic misconduct is a serious offence. Depending on the severity of the violation, the offending student may suffer any or all of these consequences in consultation with the subject Learning Leader and/or Administrator's discretion. Penalties include, but are not limited to:

- notation on the student's file describing the offence
- zero grade on work involved
- removal from course and loss of credits

- referral to the administrator
- loss of computer access
- school suspension
- recommendation for expulsion

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.