

Foods 20 Course Outline

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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. Students are encouraged to keep up to date with all of their assignments in every course to achieve success. 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 Flextime 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 (appropriate clothing for food preparation and cooking)

Course Fee: \$65 (Cooking labs + 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 Decisions and Health FOD2030

Students learn how to balance the energy equation by using strategies for food intake analysis and preparing appropriate foods that help fuel the body efficiently and effectively.

1. Describe the relationships between body image, wellness, healthy eating and active living
2. Describe strategies for achieving and maintaining adequate food intake, according to Eating Well with Canada's Food Guide, and healthy active living, according to Canada's Physical Activity Guide to Healthy Active Living
3. Demonstrate knowledge and skill in the planning, preparing and evaluating of suitable foods for achieving growth and development during teen years
4. Identify and demonstrate safe and sanitary practices
5. Demonstrate basic competencies

2. Bread Products FOD2050

Students describe the role of ingredients and use specialized skills in working with bread products.

1. Discuss various influences that affect the choices of bread products
2. Identify and describe the factors involved in the preparation of unleavened and yeast products
3. Demonstrate knowledge and skills in the planning, preparing and evaluating of cakes and pastries

3. Creative Cold Foods FOD2090

Students learn to combine nutrition and creativity in the preparation of salads and sandwiches.

1. Describe salad and salad dressing ingredients in terms of type, availability, handling, nutritional value and nutritional concerns
2. Describe sandwich ingredients in terms of types
3. Identify the principles of design and their application to the preparation and presentation of foods
4. Demonstrate knowledge and skills in the planning, preparing and evaluating of creative cold foods

4. Vegetarian Cuisine FOD2130

Students learn to create healthy, wholesome vegetarian diets by preparing suitable foods in a variety of ways.

1. Describe the rationales for various vegetarian eating patterns
2. Identify the critical nutritional elements of wholesome vegetarian eating
3. Demonstrate knowledge and skills in the selecting, preparing and evaluating of foods within the context of vegetarian meal planning

5. International Cuisine I

FOD2170

Students discover other cultures by exploring their cuisine, and develop a variety of techniques for international cooking and use of specialized tools.

1. Describe the relationship of food to culture
2. Identify and compare foods representative of a variety of cultures
3. Demonstrate knowledge and skills in the planning, preparing and evaluating of foods from a variety of cultures

Evaluation

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