**Foods 9 Course Outline**

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| **Objectives:** |

1. Learn the kitchen basics including: using a recipe, care and storage of equipment, partner and group work co-operation
2. Using cooking techniques to create health dishes and simple meals
3. To discover what it means to consume healthy foods, discovering nutritional value in commercial food products.
4. Indentify food-related occupations and careers
5. The different eating customs and etiquette around the world.

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| **Equipment requirements:** |

* Binder or notepad with loose-leaf
* Pen and/or pencil
* Plastic sheet protector
* Hair elastic (if needed) to tie back hair
* Apron (will be provided but can bring your own from home if you prefer)

\*These items must be brought to every class; you never know when we may have a surprise lab

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| **Course Content:** |

* Safety and Equipment in the kitchen
* Eat your Vegetables – sustainable farming and seasonal vegetables
* Pasta – different types, how to create a healthier pasta, different sauces
* Etiquette – table settings, differences around the world
* Breakfast – grains and eggs
* Lunch – soups and sandwiches
* Dinner – salads, beef and chicken
* Professions – what is out there for jobs?

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| **Attendance:** |

Due to extensive laboratory time required for this course, **regular,** **punctual attendance** **is mandatory** to achieve success in Foods 9.

It is the student’s responsibility to make up missed work. Arrange for someone in your group to collect any missing handouts. If you miss a lab day it is important to complete a make-up lab at home, students will be asked to take pictures of their completed dish at home. If students miss a demonstration day but are present for lab day they will be asked to not to participate if the lab hinders the safety and progress of other students.

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| **Evaluation:** |

50% Lab Work

30% Assignments

20% Test/Quizzes

1. **Lab Work**
	* Student performance (Individual and Group) during lab periods will be assessed on a daily basis. Most labs will be marked out of 10.
	* Students must participate in 50% of the in-class labs to obtain course credit.
	* To adhere to Food Safe practices, a clean apron is mandatory and will be provided.
2. **Assignments**
	* Assignments are to be handed in at the beginning of the period that they are due.
	* As a general rule, assignments will be accepted until they are corrected and/or returned to the rest of the class.
	* Notebooks: students are reminded to keep a neat, up to date notebook. These books may be used as a reference, test preparation, and/or open book tests.
3. **Tests and Quizzes**
	* Testing will normally take place at the end of each unit of study.
	* Unannounced quizzes may occur at any time, often at the start of class, so don’t be late.
	* Students who are absent when a test is given will be assigned a mark of “0”. If absence is excused, the student will be expected to write the test the first day back in class or as arranged with the teacher.

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| **Work Habits:** |

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| **G:**-On task, does all work, comes to class prepared-Up to date on all assignments | **S:**-Stays on task most of the time, usually prepared-2 or more missing assignments | **N:**-Needs many reminders to work, rarely prepared-Several missing assignments |