

Foods 10 Course Outline

Teachers: Mrs. G. Côté / Mrs. L. Gordon-Reece
gcote@rvschools.ab.ca / lgordonreece@rvschools.ab.ca

Textbooks: Food for Life and Food for Today

GOOGLE CLASSROOM: Grade 10 Foods – Class Code is - kojyule

This course is a three credit Introductory Level Foods Course. In this course we will cover the basics of **three modules** which will provide you with the prerequisite and background information for future food science modules. **Each module is worth 1 credit toward your high school diploma (a score of 50% or greater is necessary to earn your credit).** There will be teacher directed time as well as independent work time. ***Students should note, you can expect at least 50 % of the course to be theory oriented and enhanced by labs where applicable.*

Introductory Level Credits:

FOD 1010 Food Basics

We know that “You are what you eat!” - Canada’s Food Guide to Healthy Eating assists you to make wise food choices. Success preparing food depends on understanding recipes and equipment, care in handling food, as well as safe and efficient work habits. This module is the prerequisite for all other food modules; therefore, you must earn a mark of 50% or greater to proceed with any further foods modules. There is a written exam at the end of this module.

FOD 1020 Contemporary Baking

Delicious cookies, cakes, muffins, and crepes begin with understanding the ingredients from which they are made. Skill combining these ingredients transforms them into the baker’s pride. There is a written exam at the end of this module.

FOD 1040 Meal Planning I

A meal can let you be creative and enjoy eating with others, or it might simply satisfy your need to eat to provide you with energy for your day. In planning and preparing successful meals you must understand your needs at the time and the elements of meal planning. We will explore what variations to include in your meal planning while you prepare breakfasts, lunches and dinners to be appealing and nutritious. There is a written exam at the end of this module.

EVALUATION: Each program equals one credit and will be evaluated as follows:

Activities/Assignments 40%

Labs 45%

Module exam and/or quizzes 15%

Dates to NOTE: Food Basics Exam

Wednesday, March 6th , 2024

Contemporary Baking Exam

Thursday, March 21st, 2024

Meal Planning 1 Exam

Wednesday, April 17th, 2024

There are **no exemptions** from the food science exams. There are no midterms marks for the Food Science 10/20/30 courses. You will receive final marks for **each** credit earned on your report card. **There is no cumulative exam given for the semester.**

Course Fee: A course fee is payable to the office and will be included in your invoice from the school office for school fees. Payable on "School Cash Online".

Appeal Procedure: Students can appeal activity marks and/or lab mark or an exam score following the date of return of the corrected paper. Student's will have the opportunity to "re-do" assignments or quizzes within one week of due date. Extensions will be provided upon request within one week of the end of each module. If work is not handed in with two weeks of the due date – then it is recorded as a "0"m (missing) and this will not change.

Supplies Required: A duo-tang will be provided. You should **supply your own loose leaf and a pen/pencil must be brought to every class.** Students with long hair must wear an elastic to hold hair back for the labs. Aprons and elastics are supplied for the cooking labs and must be worn.

Student Responsibilities: come to class on time; be prepared with all your supplies; be attentive and ask questions by raising your hand; observe and practice safety rules in the lab; keep a neat and organized notebook, treat each other politely and with respect; be honest. Water bottles are encouraged. Students may not leave the classroom without the teacher's permission. If you miss a class, then it is **your responsibility** to find out what you have missed and do the work and pass it in. Missed labs are recorded as "m", (for missing – scored as a zero), and you are required to complete the lab at home and pass in a parent signed verification/evaluation form before the end of that module to receive credit for the lab.

Late Policy: If you arrive in class after the bell, you are marked "late" on the computer "Power Schools" attendance program. The first and second time you are late you will receive a warning. The third time you are late, you may not be allowed to participate in the cooking lab, if one is scheduled for that class (if you want marks for the cooking lab, you will be required to complete the lab at home). The fourth time you are late to class you will receive a phone call to your parent or guardian to inform them of your frequent tardiness to class. Subsequent lateness to class will involve administrative support. If you are coming late to class from another class, please bring a note from that teacher for admittance. This is a cumulative process for the term.

Cell Phones: Leave you cell phones in your backpack! If you have a phone you may use it with teacher permission only. You may **not** use your phone during a cooking lab, or during lesson/demonstration instruction. You may listen to your phone during independent work time with ear buds and Teacher permission.

Let's get cooking!!