

# **Foods 20 Course Outline**

**Teacher:** Mrs. G. Côté

**gcote@rvschools.ab.ca**

**Textbooks:** Food for Life, Food for Today, and Guide to Good Food

**GOOGLE CLASSROOM:** Grade 20 Foods – Class Code is – bl4ds73

This course is an Intermediate Level Foods Course. In this course we will cover a minimum of **three modules**. This material will provide you with the 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.* The course fee is billed by the office on your School Cash Online.

**Intermediate Level Credits:** You must have the prerequisite **Food Basic 1010** module. (We will complete 3 of the following credits)

## ***FOD 1010 Food Basics – Prerequisite***

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 subsequent food modules.

## ***FOD 2080 Fruit and Vegetables***

Students learn about the wide range of vegetable, fruit and grain products available, and how to retain their nutritional value and quality through a variety of cooking methods.

## ***FOD 2100 Basic Meat Cookery***

This is a very practical module where we will learn to differentiate between cuts of meat and apply this to tenderizing and cooking methods. This also prepares you for FOD 3080 Advanced Meat Cookery.

## ***FOD 2060 Milk Products & Eggs***

In this module we will prepare foods using milk, cheese, and eggs. We will discover the many uses of eggs/functions in recipes and learn about the nutritional value, processing, and consumerism as it relates to these foods.

## ***FOD 2040 Cakes and Pastry***

Students expand their knowledge and skills in the production of a variety of cakes and pastries. This module will prepare you for the advanced baking module FOD 3030 Creative Baking.

## **FOD 2170 International Cuisine I**

In this module we will explore different cultures and their cuisine, food habits and customs. We prepare traditional recipes from 5 – 7 countries.

**EVALUATION:** Each module equals one credit and evaluation method may vary:

**Activities/Assignments 40%**

**Labs 45%**

**Module exam and/or quizzes 15%**

**Dates to NOTE: Fruit & Vegetable Exam – Tuesday, Feb. 27<sup>th</sup>, 2024**

**Basic Meat Cookery Exam – Thursday, March 21<sup>st</sup>, 2024**

**Milk Products & Eggs Exam – Thursday, April 18<sup>th</sup>, 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.

**Appeal Procedure:** Students will have two weeks to appeal an activity/lab mark or an exam score following the date of return of the corrected paper. Assigned classwork is due on the due date and will be recorded as a "0"m (missing) if not passed in on time. You will have a grace period of two weeks beyond the due date to pass in any late work. After that time the work is not accepted and the score of "0" stays.

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

**Student Responsibilities:** Please 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 permitted. 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" (missed – scored at a "0"), 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 School" attendance program. The first and second time you are late you will receive a warning. Subsequent lateness to class will involve parents and 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 bring one to class, you must keep it out of sight during lab and lesson times. You may listen to your music during independent work time with Teacher permission.