

# **Foods 90 Course Outline**

**Teacher:** Mrs. G. Côté

**gcote@rvschools.ab.ca**

**Textbook:** Discovering Food and Nutrition

Google Classroom CODE: myre72q

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.

**Upon completion of the course, the student will:**

***FOOD & KITCHEN SAFETY:***

- demonstrate understanding of:
  - food safety
  - safe handling of tools and equipment

***FOOD PREPARATION:***

- demonstrate working knowledge of a food preparation facility. The student will prepare foods from the three food groups.
- apply knowledge and management skills in the planning, preparation and evaluation of basic foods.

***CANADA FOOD GUIDE:***

-analyze Canada's Food Guide to Healthy Eating as the basis for food choices. The student will prepare food from the food groups and explore the Canada's Food Guide website to complete assignments.

***TIME MANAGEMENT:***

-demonstrate basic competencies such as completing the cooking lab within the class time allotted, managing learning, managing resources, teamwork and demonstrating responsibility.

***NUTRITION AWARENESS:***

-demonstrate knowledge of basic nutrition concepts through individual and/or group assignments throughout the term. As the weekly recipes are demonstrated, the ingredients and nutrients will be reviewed and the role these nutrients have for your health.

**EVALUATION:** Students will be evaluated as follows:

**Activities/Assignments 40%**

**Labs 45%**

**Tests and/or quizzes 15%**

**Dates to Note:** **1 Recipe at Home:** Friday, March 1<sup>st</sup>, 2024

**Midterm Exam:** Friday, March 8<sup>th</sup>, 2024

**Make A Meal Project:** Friday, April 12<sup>th</sup>, 2024

**Final Test:** Wednesday, April 17<sup>th</sup>, 2024

Exemption from the "Final Test" is possible with a class average of 80% (or above) and NO missing assignments/quizzes or labs for the term. Check Power School regularly to follow your progress in this course.

**Appeal Procedure:** Students will have the opportunity to "re-do" an assignment or quiz within one week of the due date. Marks can be appealed upon return of the corrected paper. Extensions will be provided upon request until one week prior to the end of term.

**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".

**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 wear an elastic to hold hair back for the labs. Aprons and hair 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 permitted and 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 or assignments/quizzes are recorded as "m", (for "missed" and scored as a "0"). You are required to complete the lab at home and pass in a parent signed verification/evaluation form before the end of the course to receive credit for the lab. Any missed assignments or quizzes can be completed at any time prior to the end of the reporting period with teacher assistance. The students and parents are responsible for checking marks on Power School.

**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 your cell phones in your backpack! Phones are not to be used during a cooking lab, or during lesson/demonstration instruction. You may listen to your music with ear buds during independent work time.

**Let's get cooking!**