

GMHS

FOODS 9

Email: jbower@rvschools.ab.ca

WEEBLY: bowerfoods9.weebly.com

COURSE OUTLINE

UNIT 1 FOOD BASICS

We have all heard the saying “You are what you eat”, now it is time to understand it. Using the Canadian Food Guide as the basis we will jump into healthy recipes to help the students understand their food choices. We will learn all the basics of safety, sanitation, measuring and understanding recipes that will give us the base for future units!

UNIT 2 SNACKS & APPETIZERS

Snacking. We do it everyday. In fact new research is showing that snacking is part of a healthy diet. You will learn how to prepare quick and nutritious appetizers for a snack at home or an appetizer to “WOW” your family and friends.

UNIT 3 BAKING BASICS

In this unit you will learn the basics to the art of baking. You will create delicious cookies, muffins and cakes while learning the importance of ingredient selection, mixing techniques and proper measuring in order to transform basic ingredients into beautiful baking!



UNIT 4 FAST CONVENIENCE FOODS

You will learn how to make wise food choices regarding your budget, time and nutritional value of the fast, convenient food that you will prepare in this module.

Let's get
cooking

Course Information



Materials

- Laptop or binder, pen or pencil
- Hair elastics (for students with long hair)

Absences

Students absent from scheduled exams need to come see me to arrange a mutually agreed upon time for the student to write the test. If absent for any reason or for any number of days, please come see me or contact me to find out what was missed while you were away. It is **extremely important** to make up all components during an absence because our modules are short and often an absence could mean missing a required element of that module. Once again it is important for the student to come talk to me either before the missed day or immediately afterwards.

Deadlines

Please adhere to the deadlines for all assignments. If you are unable to hand an assignment in by that given date, please come and see me with your plan. Assignments need to be complete before moving on to the next stage.

What I am Looking for:

1. Be prepared for class
2. Make decisions that are safe and smart
3. Complete all assignments to the best of your ability
4. Participate! Foods is awesome!
5. Communicate with me – tell me if you do not feel comfortable with an activity or skill, you need more time on an assignment etc.
6. Respect your peers and the foods room (maintain cleanliness, utensils, safety etc)

Assessment: How are you doing?

Formative ('for' and 'as' of learning)

This is an ongoing process throughout each module that allows the student time and space to learn. Although all of the student's work will be assessed, not all work will be graded. Instead I will use this assessment to identify where the student is, where they need to be and how best to get the student there. Often the feedback is immediate and specific as a lot of assessment happens on Lab days. The student will also have the opportunity to assess their own work to see their growth.

Summative Assessment ('of learning')

Each module will be made up of a theory component, a lab component and a test component.

Theory: 20%

Labs: 40%

Exams 20%

Citizenship & Employability 20%

Labs

20 points will be allotted per lab

Areas of evaluation (5 points per area):

Grooming, Skills, Product & Clean-Up

There will be no make-up labs available at the school for days missed, although alternative arrangements can be made ahead of time to cook at home with the consent of the teacher if the absence is excused.

In order to cook during a lab day, a student **MUST**:

- Have all assignments completed & handed in
- Arrive on time with apron in hand

Guidelines

- All preceding guidelines are at the teacher's discretion.

INFO

FOODS STUDIES 9 GMHS

Email: jbower@rvschools.ab.ca

Weebly: bowerfoods9.weebly.com

Phone: (403) 948-5935 ext. 5135