

Foods 10 Course Outline 2020-2021

Ponoka Secondary Campus

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Foods 10 consists of 5 modules, each consisting of both cooking and classwork. Modules will be completed in approximately 7-15 classes.

Food Basics

Students learn safe and sanitary food handling procedures, equipment care, comprehension of recipes and the importance of efficient work habits. This module is a prerequisite for all other Foods Modules in Foods 10, 20, and 30.

Contemporary Baking

Students develop and demonstrate an understanding of traditional and contemporary baking focusing on basic measuring techniques, preparation methods, role of ingredients and the proper use of equipment for baked goods.

Snacks and Appetizers

Students apply the importance of snacks and appetizers related to lifestyle, by making nutritious, as well as delicious, snacks and appetizers.

Meal Planning

Students develop an understanding of planning, preparation and evaluation of balanced healthy meals.

Canadian Heritage Foods

Students become aware of how food in Canada today reflects the country's history and origins by examining food patterns and customs, and by analyzing and preparing ethnic foods.

Class Expectations

1. It is essential that you come to Foods 10 equipped with a positive attitude, a strong work ethic, and a cooperative spirit. With these three attributes you cannot help but succeed. Be willing to try foods you are not used to eating, and do your part to contribute to your group.
2. Safety and cleanliness are the top priorities in the lab. Basic lab procedures and routines **MUST** be followed at all times.
3. No cell phones will be allowed to be accessed during any class time as per school policy **including the classroom/eating area and kitchen.**

Course Evaluation

Class Work/Tests	25%
Labs	50%
Professionalism	25%

Attendance

Attendance is essential to Foods classes as you are marked on your cooking lab each day.

If you miss a lab you cannot receive a mark. It is still possible to make up the missed marks at home (although this option should be the rare exception).