

# **Foods 10 Course Outline 2021-2022**

Ponoka Secondary Campus  
Ms. Michele Darnell  
michele.darnell@wolfcreek.ab.ca  
(403) 783-4411

**The Career and Technology Studies (CTS) Food Studies Program** is designed to:

1. *Develop an interest in the broad base of food in such a way that students are motivated to continue practising and learning about foods.*
2. *Develop an awareness of the nutritional importance of food and its role in the physical maintenance and wellness of an individual.*
3. *Develop basic knowledge, skills, and attitudes through preparation of a variety of foods.*
4. *Practise safe, sanitary food handling and realize the consequences of failing to do so.*
5. *Foster an understanding and knowledge of the multicultural richness and varied social customs in the preparation and sharing of food.*
6. *Develop management and workplace skills in the selection, preparation and service of food, and assess the impact these decisions might have on the global community.*

All CTS courses are comprised of modules worth one credit each. Attendance is critical. Missed labs can be made up at home. Missed labs need to be made up within the time frame of the current module. Until the lab is made up, a missed lab will receive a mark of zero.

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

## **Module 1 - 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.

## Module 2 - 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.

## Module 3 - Snacks and Appetizers

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

## Module 4 - Meal Planning

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

## Module 5 - 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

<b>Class Work/Tests</b>	<b>25%</b>
<b>Labs</b>	<b>50%</b>
<b>Professionalism</b>	<b>25%</b>

## 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).

**Late Assignment Policy:** Late or Missed class work will only be accepted during the time of each module delivery. Missed work can be found on Google Classroom or by seeing me.

**Lab Guidelines:** In an effort to develop employee skills, it is expected that students will show up for class on time with proper kitchen attire, footwear, no earbuds or cell phones. As per the recommendation of AHS (Alberta Health Services), students are not to be handling or preparing food if they are ill. Students with symptoms of nausea, vomiting, and/or diarrhea, fever or cough will not be able to remain in the kitchen. The missed lab may be made up at home.