

Junior High Foods Course Outline 2021-2022

Ponoka Secondary Campus
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Through a variety of in-class activities and hands-on cooking, students in Foods Option will gain an understanding of kitchen safety and basic cooking tools and techniques. We will plan, create, appraise, and communicate about our work.

Course outcomes:

- ✓ Students will practice kitchen safety and sanitation.
- ✓ Students will become familiar with food preparation terms.
- ✓ Students will demonstrate correct measure techniques.
- ✓ Students will be able to follow a recipe.
- ✓ Students will understand and demonstrate professionalism

Grade 7-8 Foods will cover the following content:

- Kitchen Safety
- Proper Dishwashing
- How to Measure
- Basic Kitchen Equipment
- Food Preparation Terms

Grading - based on the following rubric consistent with PSC option courses:

4 Meeting Expectations	Student meets grade level expectations
3 Sometimes Meets Expectations	Student demonstrates some of the grade level expectations
2 Below Expectations	Student is achieving below grade level expectations
1 Well Below Expectations	Student is not meeting any grade level expectations