



# FOODS 9/10

MS. LAZAROVA

2021-2022

## CONTACT

- ✉ tlazarova@sd44.ca
- ✉ MS TEAMS Course

## CLASSROOM EXPECTATIONS

**Behavior-** all students are expected to show courtesy, and respect for each other and towards the teacher

**Safety-** with no exception, all students are expected to follow safety rules when using all equipment in the classroom, and obey all COVID related rules

### Attendance

- All students must attend every class
- Missed class- 0 on any missed assignment
- Email or msg Ms. L to discuss reason and how to make up the lab
- Missed LAB- at home lab makeup assignment

**Assignments/Labs-** all assignments and labs must be completed and submitted on MS TEAMS or to Ms. Lazarova

**Washroom** – with teacher permission

**Food/ Drink-** at teachers' discretion

**Music-** at teachers' discretion

**Cell phones-** NOT permitted in class

## STUDENTS ARE EXPECTED TO BE ABLE TO DO THE FOLLOWING:

- **Understand context:** conduct research on food preparation, food born illness, ethical issues related to food systems, First People's traditional food use, economic and environmental factors that influence food availability
- **Defining & Ideating:** generate creative ideas in choosing a design opportunity in regards to food
- **Prototyping:** find sources of inspiration and develop a plan for creating meals
- **Testing:** make desired changes to the plan (prototype) and troubleshoot
- **Making:** use the appropriate tools to create food
- **Reflecting:** on design thinking and processes and evaluate own ability to work effectively and gather continual feedback from peers
- Demonstrate precautionary and emergency **safety procedures** in the Foods room



## COURSE OUTLINE

- 1. Introduction (Safety and Basic Ingredients in Cooking)**
  - **Learn:** kitchen safety, sanitation, measuring, basic cooking skills & ingredients
  - **Make:** cookies, muffins
  - **Assessment:** Safety Test, Labs, title page
- 2. Breakfast (Macronutrients)**
  - **Learn:** basic nutrition, carbohydrates, protein, fat, egg cooking
  - **Make:** scones, French toast, pancakes, crepes, Bacon & Hash
  - **Assessment:** QUEST, Labs

## REQUIRED MATERIALS

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- 3 ring binder
- 7 dividers
- 2 page protectors
- Pen/pencil/paper
- Hair elastics (if needed)
- MASK

## ASSESSMENT

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**50% Assignments** (understanding, defining, Ideating & Safety)

- Quizzes and tests
- Projects
- Assignments/ worksheets
- Binder organization
- Lab reflections

**50% - Labs** (prototyping, testing, making & sharing)

- Follow rules of COVID safety and sanitation in the room
- Read and follow recipe instructions accurately
- Clean-up
- Work cooperatively in groups
- Creativity in food presentation



### 3. **Lunch (Micronutrients)**

- **Learn:** healthy eating habits, fiber, iron, calcium, vitamins, food labels

- **Make:** Smoothies, Pizza, Bruschetta, Greek wraps, Calzones

- **Assessment:** Quiz, Labs

### 4. **Dinner (Marketing & Ethics)**

- **Learn:** food labels, packaging, advertisements, food fads, trends

- **Make:** Chilli & cornbread, Pasta, Mac&Cheese, Perogies, Orzo

- **Assessment:** Marketing Project, Labs

### 5. **Foods Around the World (Cultural Cuisine)**

- **Learn:** traditional foods & their use, availability of food

- **Make:** Bannock, Sushi, Butter Chicken, Thai Curry, Risotto, Wonton Soup

- **Assessment:** Cultural Foods Project, Labs

### 6. **Desserts (Food Truck Project)**

- **Learn:** design your own food truck, menu, and recipe

- **Make:** mini pies, cream puffs, etc.

- **Assessment:** "Food Truck" Project, Labs

## STUDENT CONTRACT

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I hereby declare that I am aware of and agree to follow **ALL** rules and procedures in the Foods classroom. I understand that if I have any concerns, I can speak to Ms. Lazarova privately (or via e-mail). Further, if I miss any classes, I will e-mail Ms. Lazarova right away to make up the missed work. I will also work cooperatively with others, and try my best during all class assignments and labs. **I will always follow the COVID SAFETY rules put in place to ensure my, my family and classmates' safety.** Lastly, if I demonstrate that I cannot be **safe AND respectful** in the classroom, I am aware that I will not be able to participate in cooking labs.

**Signature of Student:** \_\_\_\_\_

**Dear Parent/Guardian,**

This letter is to inform you of the general rules that your son/daughter will be required to follow in the Foods room. These rules are in place to ensure that the greatest amount of learning takes place, and COVID safety protocols are followed. Please read the above with your child. If you have any questions please feel free to contact me via e-mail: [tlazarova@sd44.ca](mailto:tlazarova@sd44.ca)

**Signature of Parent:** \_\_\_\_\_

