



# FOODS 9/10

MR. LEWIS

2021-2022

## CONTACT

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✉ alewis@sd44.ca

## CLASSROOM EXPECTATIONS

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**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

**Assignments/Labs-** all assignments and labs must be completed and submitted to Mr. Lewis

**Washroom** – with teacher permission

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

**Music-** at teachers' discretion

**Cell phones-** NOT permitted in class

## REQUIRED MATERIALS

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- 3 ring binder
- 1 page protector
- Pen/pencil/paper
- Hair elastics (if needed)
- MASK

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

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- **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

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1. **Introduction (Safety and Basic Ingredients in Cooking)**
  - **Learn:** kitchen safety, sanitation, measuring, basic cooking skills & ingredients
  - **Make:** Cookies, Muffins, Cakes, Pizza, Strudel
  - **Assessment:** Safety Poster, Test, Foodborne Illness, Labs
2. **Nutrients & Nutrition- Pasta**
  - **Learn:** basic nutrition, carbohydrates, protein, fat,
  - **Make:** Macaroni Salad, Alfredo, Lasagna, Casseroles, Sushi
  - **Assessment:** Nutrients Research, Diets Project., Labs

## ASSESSMENT

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**40% Assignments** (understanding, defining, Ideating & Safety)

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

**60% - Labs** (prototyping, testing, making & sharing)

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



### 3. *Micronutrients - Eggs*

- **Learn:** healthy eating habits, egg cookery, breakfast
- **Make:** Crepes, lemon bars, bf sandwich, omelette
- **Assessment:** Food in the News, Quiz, Labs

### 4. *Dinner - Menu Planning*

- **Learn:** Menu planning, meat cookery,
- **Make:** Tacos, Stroganoff, rolls, Fajitas, S&S Chicken
- **Assessment:** Menu planning, labs

### 5. *Economy, Environment & Food*

- **Learn:** Traditional foods & their use, availability of food
- **Make:** Soup, Chop Suey, Pavlova
- **Assessment:** Vitamins & Minerals, Labs

## STUDENT CONTRACT

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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 Mr. Lewis privately (or via e-mail). Further, if I miss any classes, I will e-mail Mr. Lewis 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:** \_\_\_\_\_