



# FOOD AND NUTRITION 11/12

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**WELCOME TO FOOD STUDIES!** We are going to have a **GREAT** semester together! This course will introduce you to new ideas, foods, recipes & techniques. Over the semester we will work together to build not only your cooking skills & confidence, but also your understanding of food & how it is used, grown & travels to our corner of the world. We will also explore foods from around the world.

## CLASS COMMUNICATION

I will be posting announcements, class assignments, and any class information on MS teams. If you need to talk to me arrange a time to meet or message (on MS teams), or email me anytime.

## STUDENT EXPECTATIONS

- ✓ Respect your learning & the learning of others
- ✓ Come prepared, arrive on time & participate
- ✓ Respect your environment - use the equipment & space with care & clean up well!
- ✓ Take pride in your work
- ✓ Work as part of a team
- ✓ Have an open mind

## SUPPLIES

- ✓ Pen/Pencil
- ✓ Binder and or folder
- ✓ Lined paper
- ✓ Container for leftovers

## ASSESSMENT

- ✓ 60% - Doing & Making
  - Kitchen Safety & Sanitation - Clean-Up
  - Equipment Use & Organization
  - Technique & Teamwork
- ✓ 30% - Critical and Creative Thinking
  - Recipe & Recipe Questions
  - Class Discussions
  - Assignments
  - Projects
  - Tests
- ✓ 10% - Inquiry Project

## KITCHEN SAFETY /LABS

Students are responsible for maintaining a safe and sanitized work area in their kitchen. The first week of class will be dedicated to learning the fundamentals of these concepts. If a student fails to maintain a safe and sanitized kitchen, including those outlined in the laboratory safety and

### LEARNING OUTCOMES Grade 11

*From the BC Ministry of Education*

By the end of this course, **students will be expected to know:**

- causes and impacts of food recalls
- components of recipe development and modification, including ingredients, functions, proportions, temperatures, and preparation methods
- issues involved with food security
- factors involved in creation of national/regional food guides, including indigenous food guides
- roles, responsibilities, and regulations of Canadian government agencies and food companies pertaining to food labeling
- food promotion and marketing strategies and their impact on specific groups of individuals.

### LEARNING OUTCOMES Grade 12

*From the BC Ministry of Education*

By the end of this course, **students will be expected to know:**

- components of multi-course meal development and preparation, including timing, proportions, originality, temperatures, ingredients, equipment, and methods
- food justice in the local and global community
- legislations, regulations, and agencies that influence food safety and food production
- factors involved in regional and/or national food policies
- perspectives in indigenous food sovereignty

By the end of this course, students will be expected to use the **design cycle** as it relates to understanding how to prepare, cook, and think critically about food.

**Wait! What does this mean?** We will identify problems, brainstorm ways to deal with them & test those ideas out.



# Argyle Secondary

*North Vancouver School District*

sanitation contract, the instructor has the right to dismiss that student from the lab and will lose all points for the day's lab.

Each lab is worth approximately 30 points. For any unexcused absence, you will be required to complete a Home Lab Form, documenting your preparation/evaluation of a recipe related to the lab objective missed in class. At least one other family member of your home will need to evaluate the final product in addition to your evaluation and photo of the final product. Missing labs will be entered as zeros in your gradebook but can be changed upon completion of the Home Lab Form before the end of the semester.

## **HONOR CODE**

Any student caught cheating and/or plagiarizing on any given assignment/quiz/exam will have consequences as outlined in Argyle Secondary School Code of Conduct as well as your agenda books.

## **ASSIGNMENTS/ACTIVITIES**

It will be in your best interest to turn assignments in on time in order to receive feedback from myself to assist in your learning and show progress in the course. Due dates will be indicated in each MS Teams assignment.