**Foods 9 Course Outline**

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Foods falls into the CTF curriculum:

* CTF is exploring interests, passions and skills while making personal connections to career possibilities.
* CTF is planning, creating, appraising and communicating in response to challenges.
* CTF is working independently and with others while exploring careers and technology.

**Outline of Topics Covered**

Unit 1: Classroom Rules, Food Safety, Preparation Skills, and Equipment

Proper safety is essential to prevent accidents, food poisoning etc

Proper use of equipment and understanding of cooking recipe terminology are essential to safety, and to help in the creation of great FOOD!

Unit 2: Preparing Fruits and Vegetables

Cutting and preparation skills are taught

Unit 3: Baking

Includes oven safety, terminology

Unit 4: Making Meals and Understanding Nutrition

Both stovetop and oven cooking are included

Review of the Canada Food Guide, and nutrients.

**Evaluation**

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Safety Test (must pass to cook) 10%

Assignments/Quizzes/Notes 40%

Food Preparation (Group Work)

* Management
* Teamwork
* Safety and Sanitation
* Preparation Techniques
* Clean up
* Product 40%

##### Personal Management Skills: 10%

* Demonstrate positive attitudes and behaviors
* Be responsible
* Be adaptable
* Learn continuously
* Work Safely

Total 100%

**Guidelines and Procedures**

**DRESS CODE**

Close-toed shoes must be worn for each lab, and an apron that is provided by the school; appropriate attire as outlined by the teacher. Long hair must be tied up.

**ATTENDANCE POLICY**

Attendance is essential to success, particularly in Foods where the learning is hands on.

Missed cooking labs can equal a zero if the absence is unexcused.

You are responsible for any materials missed.

LATE can mean you DO NOT COOK. You will have missed instructions essential to your group’s success.

Leaving class – Remember that we are an active class and we will be up and moving . Remember that you have a 5 minute break in between classes. Only one student can leave at a time. You will not be allowed to get a computer during class; please come prepared.

**ELECTRONIC DEVICES**  Cell phones and electronic devices of any kind have the ability to interrupt the learning environment.  **The use of cell phones is not permitted in learning environments, except when directed by a staff member.**

Google Classroom has a calendar, which will also be shared weekly on the whiteboard. Bring a tablet or laptop to each class where bookwork is required.