

## FOODS AND NUTRITION 8 COURSE OUTLINE

### COURSE OBJECTIVES:

As a result of taking this foods course, the student will:

1. Be able to prepare different types of food according to the proper principles of food preparation.
2. Learn to use a variety of cooking techniques in the preparation of meals.
3. Be able to prepare foods under safe and sanitary conditions.
4. Understand the use of food in the body and its relationship to good health.
5. Be able to use nutrition knowledge to appraise one's food habits.
6. Be able to apply the Canada's Food Guide in food selection and preparation.
7. Develop the ability to work individually and in group situations in a well organized and cooperative manner.
8. Practice wise use of time, energy, and resources.

### COURSE EVALUATION:

The student's grades will be based on:

- 30% written work (written assignments, worksheets, notebook organization)
- 30% quizzes and exams
- 40% practical work (This includes the work done in food preparation labs. This mark is based on the student's work habits, organization, behaviour, product, clean-up, etc.)

Late Assignments: 10% per day late will be deducted on all late assignments. However, once assignments have been marked and returned, any late assignments will not be accepted for marks.

### ATTENDANCE:

Regular attendance is essential due to the practical nature of this course.

Demonstrations Missed Due to Absences: Students who miss a demonstration but are present on the day of the lab will be (in most cases) allowed to do the lab. Four marks, however, will be deducted for their lab mark. If a lab sheet is completed by the following class, two marks could possibly be awarded. (Students who are behind in their assignments or who have missed a quiz or an exam will not participate in the lab!)

Labs Missed Due to Absences: Students will be allowed to make up labs missed due to absences. Make up labs are done at home with a partner or guardian supervising and evaluating.

Students are responsible for any work missed. Being absent is not an excuse for incomplete work. Use the buddy system for keeping up to date and catching up immediately. On the day of your return following your absence, remember to ask for any sheets and assignments that you have missed.

**SCHOOL SUPPLIES REQUIRED FOR THIS COURSE:** (to be brought to every class)

- Your agenda
- A 3-ring binder with a sufficient supply of lined loose-leaf paper
- A pen (blue or black ink). Marks will be deducted if any other color of ink is used.
- A plastic page protector (used to keep your lab sheets/recipes clean. Marks are deducted from soiled recipes).
- A hair elastic or clip for students with long hair
- A plastic container and/or large Ziploc bag for taking home any leftover food that you might have

**(The first day that page protector, plastic container/bag, and hair elastic are needed is \_\_\_\_\_)**

**COURSE OUTLINE:**

1. Introduction: Course Objectives/Outline/Evaluation/Expectations  
Lab Orientation: Equipment Location and Identification  
Safety: Safety Rules and Emergency Procedures  
Sanitation and Clean-Up: Lab Duties/Efficient Dishwashing
2. Metric Conversion/Measuring Techniques (theory and demonstration)  
Lab Procedures/Lab Evaluation  
Dem: Apple Crisp (emphasis on lab procedures and lab evaluation)
3. Lab: Apple Crisp
4. Dem: French Toast (emphasis on the importance of eating breakfast)  
Lab: French Toast
5. Lab: Breakfast Burrito (the importance of eating breakfast continued)

6. Flour Mixtures Theory:       The Role of the Basic Ingredients  
  Types of Batters and Dough  
Dem: Blueberry Muffins (emphasis on the Muffin Method)
  
7. Nutrition:       Canada's Food Guide  
  The Major Nutrients (Sources and Functions)  
  Meal Planning  
Lab: Blueberry Muffins
  
8. Introductory Exam  
Dem: Cupcakes
  
9. Lab: Cupcakes
  
10. Lab: Ice/Decorate Cupcakes (emphasis on the Cake Method)
  
11. Lab: Cookies (emphasis on the Flour Mixtures Theory)
  
12. Flour Mixture Theory:       The Part of the Wheat Kernel  
  Types of Flours and Their Uses  
Dem: Pizza
  
13. Lab: Pizza
  
14. Canada's Food Guide:       Grain Products/Milk Products  
Dem: Macaroni and Cheese (emphasis on pasta and milk cookery)  
Lab: Macaroni and Cheese
  
15. Table Setting  
Canada's Food Guide:       Meat and Alternatives  
Dem: Taco Salad  
Lab: Taco Salad
  
16. Canada's Food Guide:       Vegetables and Fruit  
Lab: Fried Rice and Vegetables
  
17. Final Exam  
Notebook check  
Clean Up