

Food Studies 9 – Course Outline

Course Objectives

The student will be provided the opportunity to:

- Use the Canada's Food Guide to make healthier food choices.
- Acquire and practice a variety of food preparation skills.
- Practice safety and sanitation procedures in the lab.
- Use the proper equipment and measuring techniques in food preparation.
- Serve food appropriately.
- Apply time management and organizational skills in food preparation.
- Work cooperatively and productively with others.

Course Content

Unit #1 – Introduction:

- Safety and Sanitation
- Equipment Use and Measurement
- Lab Procedures

Unit #2 – Breakfast:

- Importance of Eating a Healthy Breakfast
- Egg Cookery
- Functions of Eggs in Cooking

Unit #3 – Flour Mixtures:

- Role of Ingredients in Flour Mixtures
- Muffin, Biscuit and Cake Methods of Mixing

Unit #4 – Lunch

- Importance of a Healthy Lunch
- Soups, Salads and Sandwiches

Unit #5 – Nutrition

- Canada's Food Guide
- Healthy Snacking
- Key Nutrients and their Functions

Unit #6 – Grains

- Rice and Pasta Cookery
- Meal Planning