



## **Food Studies 10**

**Teacher:** Pam Stockley

**Classroom Location:** Rm. 157

**Phone:** 403 528-1996 ext. 2007

**e-mail:** pamstockley@prrd8.ca

The Food Studies Program is broken down into Introductory (10), Intermediate (20) and Advanced (30) levels. Within each of those levels are **one-credit** courses. During this semester students will progress along what is called a “Pathway” gaining the necessary skills needed to advance to the next course and eventually the next level of achievement - intermediate. Within each **one-credit** course, students will be guided by the Program of Studies to meet the goals and expectations of each learning outcome.

Students will achieve all learning outcomes as required of the Alberta Program of Studies by completing a combination of **knowledge** through theory, assignments, quizzes, and exams; **practical** skills through labs and practical assignments, and **employability** skills by displaying respect for others, participation, professionalism, problem solving and willingness to learn.

Students will begin to explore the Introductory level of personal food studies. Students will have the opportunity to earn **6-credits** throughout the semester.

**FOD1010: Food Basics:** (prerequisite for all other food studies courses) Students learn safe and sanitary food handling procedures, equipment care, comprehension of recipes and the importance of efficient work habits.

**FOD1060: Canadian Heritage Foods:** Students become aware of how food in Canada today reflects the country’s history and origins by examining food patterns and customs, and by analyzing and preparing ethnic foods.

**FOD1030: Snacks and Appetizers:** Students apply the importance of snacks and appetizers related to lifestyle, by making nutritious, as well as delicious, snacks and appetizers.

**FOD1020: Contemporary Baking:** Students develop and demonstrate an understanding of traditional and contemporary baking focusing on basic measuring techniques, preparation methods, role of ingredients and the proper use of equipment for baked goods.

**FOD1040 Meal Planning I:** Students develop an understanding of planning, preparation and evaluation of balanced healthy meals.

**FOD2060: Milk and Egg Products:** Students develop skills in using milk products and eggs by examining how to retain their nutritional value and quality through a variety of preparation and presentation methods.



### **Required Materials:**

1. Pen or pencil
2. Chromebook - All theory will be available via Google Classroom
3. Appropriate Clothing, no baggy sleeves
4. Hair ties or hats, hair contained

### **Assessment/Evaluation Criteria:**

Evaluation is completed based on all the work you do throughout the course. This consists of learning experiences that are both Formative (assessment for learning) and Summative (assessment of learning). In Personal Foods, you are evaluated based on three criteria:

1. *Knowledge of Food and Cooking* – Worksheets, Booklets, Quizzes, Projects, and/or Exams - 35%
2. *Practical Cooking Experiences* – Cooking Labs - 50%
3. *Employability Skills* – Safety, Preparedness, Teamwork, and Collaboration - 15%

**\*\*Each course completion represents one credit\*\***

### **Practical Cooking Lab Evaluation:**

Teamwork is essential in all labs; without it one cannot be successful. The roles in the kitchen are to be divided between the members, as everyone plays a role in the final product.

Lab Marks are based on the following criteria:

*Product:* How it looks, if it matches what is expected, how you perceive it.

*Collaboration:* How well you do as a team, everyone contributing, delegation, group harmony.

*Procedure:* Demonstrating appropriate skills, following the recipe, using correct tools, completing daily binder planning and recipe reflection

*Safety:* Following safety expectations, not breaking established rules.

*Cleanliness:* Personal hygiene, kitchen cleanup, drawer organization



## Lab Rubric

Each lab is worth 10 marks, 2 marks for each category.

### Product

How it looks, if it matches what is expected, how you perceive it

### Collaboration

How well you do as a team, everyone contributing, delegation, and group harmony

### Procedure

Demonstrating appropriate skills, following the recipe, using correct tools

### Safety

Follow safety expectations, not breaking established rules

### Cleanliness

Personal hygiene, kitchen clean-up, drawer organization

	2 Excellent	1 Adequate	Insufficient * No score is awarded because there is insufficient evidence of student performance based on the requirements of the assessment task.
Product	Demonstrates <b>precision</b> in presentation of food and in comparison to what is expected	Demonstrates <b>little precision</b> in presentation of food and in comparison to what is expected	Lab <b>Not Completed</b>
Collaboration	Demonstrates <b>efficiency</b> in group delegation and harmony	Demonstrates <b>limited efficiency</b> in group delegation and harmony	Lab <b>Not Completed</b>
Procedure	Demonstrates <b>accuracy</b> in use of tools to properly prepare recipe and utilizes proper safety procedures in following established classroom rules	Demonstrates <b>partial accuracy</b> in use of tools to properly prepare recipe and utilizes proper safety procedures in following established classroom rules	Lab <b>Not Completed</b>
Safety	Demonstrates <b>precision</b> in following safety procedures and established rules	Demonstrates <b>minimal attention</b> to safety procedures and established rules	Lab <b>Not Completed</b>
Cleanliness	Demonstrates <b>thorough</b> cleanliness in food preparation and kitchen clean-up	Demonstrates <b>partial</b> cleanliness in food preparation and kitchen clean-up	Lab <b>Not Completed</b>

## Plagiarism:

1. All submitted student work must be entirely their own content. This includes, but is not limited to worksheets, slides, posters, and written assignments.
2. It is extremely important to reference your resources when using any information that is not of your own ideas, including photos.
3. Any students submitting work found to be plagiarized or written using AI software will be given an alternate assignment to complete and will be reported to administration.

## Technology:



The use of electronics (Chromebooks and Cell Phones) in class shall be of professional use. All electronics should be put away during instruction time unless needed. **The use of electronic devices during instruction time, or in the lab environment, unless permitted by the teacher, will result in the device being confiscated for the remainder of the class.**

### **Student Expectations - Attendance**

- Arrive on time ready to work.
- Attendance is mandatory, marks cannot be given if you are not here!
- If you miss an assignment due to absence, you are required to complete that assignment on your own time, work is posted on Google Classroom for you daily.
- Missed labs will result in a student making up the lab either during TAG or at home.

### **Student Expectations – Attitude**

- RESPECT for all (peers, teacher, EA, guests)
- No student shall interfere with:
  - a. the teacher’s instruction
  - b. other students learning
  - c. the progress of the class as a whole
- **Talking during instruction is not acceptable. It is disrespectful.**
- Always consider your group members; be **clean, safe, and, polite.**
  - d. Share the work and help if you are done.
  - e. Be positive, open to learning, and participate!
- Use time effectively to complete labs and assignments.
- **NO CELL PHONES** during labs or instruction time

### **Student Expectations – Routine**

- If the classroom phone rings, answer it politely!
- Stay in your own kitchen.
- Collect ingredients at the ingredient counter.
- INSIDE voices
- Kitchen clean and dishes done or soaking BEFORE eating.
- Push chairs in, pick up garbage and wipe tables when done eating.
- In case of a fire bell, turn off all stoves, ovens and water faucets and exit to the Muster point quietly and carefully.
- Complete your kitchen's daily chore before the end of class, located on the white board
- **ASK permission to leave the classroom**, while out DO NOT interrupt other classes.
- Do not abuse bathroom privileges or a bathroom contract will be put in place.



## Kitchen Expectations – Individual

- **Wash hands before, during and after each task**
- **Aprons on and hair always tied back.**
- Aprons to laundry **after every use**
- NO sitting on counters
- Work is to be shared amongst ALL group members
- Binder plan and recipe reflection must be filled out and completed at the end of every lab
- NO CELL PHONES IN LABS

## Kitchen Expectations – Safety

- Use the correct tool for the job if you are not sure ASK.
- Oven mitts are permitted when handling hot food/pans and announce, **“HOT PAN”** or **“HOT BEHIND YOU”**.
- Knives are to be carried at the side of your body; tip pointed down.
- When walking with a knife announce it, **“WALKING WITH A KNIFE”** or **“KNIFE BEHIND YOU”**
- IF you are not following safety expectations your lab privileges **will** be taken away.

## Kitchen Expectations – Cooking

- **Read the entire recipe before beginning.**
- Divide tasks between group members by filling out the binder task lists provided.
- Gather **all ingredients at once** from the ingredient table.
- **DO NOT** bring unmeasured ingredients to your kitchen, other groups need access to them as well.
- Never adjust a recipe to make more unless you have been instructed to, you will be responsible for paying for the extra ingredients.
- Correct tool for the job.
- Never take tools or equipment from another kitchen, if you cannot find what you need, ask for help.
- **TASTE** your food as you cook, with a clean spoon each time, **NEVER** taste the product with raw egg in it, eating raw cookie dough is dangerous and will result in lost lab privileges.
- Cupboard doors are to be kept closed.
- Refill dish soap when low.



### **Kitchen Expectations – Clean-Up**

- **Clean as you go!**
- Wash and dry equipment/dishes/counters before sitting to eat.
- Final clean up must be started 10 mins before class ends.
- Put dishes/equipment/tools back in their right place if you do not know - ask.
- Wipe down sink, back of sink, stovetop, counters and put away dish soap, scrubbies and dish drying rack under sink when done.
- **Wash all dishes in HOT soapy water, sanitize in your rinse sink and make sure dishes are CLEAN and DRY before putting dishes away.**

**RESPECT – KINDNESS – TEAMWORK – FUN**



## 7 Ways to Succeed! DO These Things!

1. Treat myself and others with respect and kindness
2. Come to class on time with a POSITIVE attitude
3. Expect to make mistakes and reflect upon them
4. Take accountability for my actions and efforts
5. Try my best each and every day
6. Be open to learning, trying, and tasting new things
7. Know that I am capable

### Student Accountability Agreement

I, \_\_\_\_\_, completely understand the expectations placed upon me. I can, and will follow expectations in all of my actions. I realize that my actions can impact the safety of myself and others. Safety is an expectation that everyone must follow at all times, no exceptions. As such, failing to fulfill my obligations will result in the immediate removal from the lab/classroom, and possibly a phone call home, office referral, assignment of alternate duties, and/or permanent removal from class. If I act in an unsafe way the decision as to my future in food studies class will be decided by the teacher.

\_\_\_\_\_  
*Student Signature*

\_\_\_\_\_  
*Teacher Signature*

\_\_\_\_\_  
*Date*