

Senior Foods

COURSE OUTLINE

Instructor: Ms. Bean

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Gladstone Secondary School

Phone 604-713-8288

LEARNING OUTCOMES

- To gain an understanding of scientific and aesthetic principles of food preparation that lead to desired standard products.
- To enjoy food preparation from a variety of cultures and living styles.
- To examine the environmental, cultural, economics factors that influence food choices. Students will increase their awareness of the impact of an individual's food choices on others, both locally and globally. This knowledge will be used to make responsible food choices.
- To learn and plan meals appropriate for a number of nutritional needs and social occasions. Students will prepare and serve meals using a variety of familiar and unfamiliar foods.

COURSE CONTENT

Senior Foods includes both Foods 11 and Foods 12 students. In order to gain credit for both courses the Senior Foods course must be taken twice. The course content will be different each year in order for both Foods 11 and Foods 12 students to gain new skills and experiences. This course is an advanced level course, which focuses on individual student's management, creativity, personal skills and interests. We will be exploring many areas including (*subject to change*):

Food Preparation Foundations	<ul style="list-style-type: none">– Analysis and application of appropriate precautionary food preparation measures– Use of a wide variety of food preparation techniques and equipment– Creation of new recipes using knowledge of ingredients, functions, proportions, temperatures, and preparation methods
Food Preparation Techniques	<ul style="list-style-type: none">– Recipe selection and application of cooking principles to prepare healthy dishes and multi-course meals– Choice and demonstration of procedures and techniques for a variety of cooking methods
Nutrition & Healthy Living	<ul style="list-style-type: none">– Use of food guides to evaluate and modify diets and create nutrition plans to meet a variety of physiological and cultural needs– Analysis of risk factors of unhealthy eating practices– Modification of recipes to improve their nutritional value
Social, Economic, and Cultural Influences	<ul style="list-style-type: none">– Analysis of the comparative costs of convenience, restaurant, and self-prepared foods– Analysis of global environmental and health implications of food production and consumption
Career Opportunities	<ul style="list-style-type: none">– Explore a variety of food related careers

COURSE MATERIALS

A **\$30 course fee** for Senior Foods will be charged to cover the cost of items that will be brought home for personal use. For example, on special occasions items will be sent home which will allow for program enhancement. Each student needs an apron or chef jacket

ASSESSMENT & EVALUATION

Evaluations will be based on a criterion referenced evaluation structure. The students' work and performance will be compared with a specific set of criteria outlined for each assessment task and labs. Skills, knowledge and performance will be evaluated.

Term marks will be based on:

- 60% Application: planning, labs and lab reflections
- 40% Knowledge and Understanding: projects and quizzes

COURSE POLICIES

At Gladstone Secondary School, we endeavor to:

1. Treat people other people with consideration
2. Act in a positive, honest, and straightforward manner.
3. Respect others regardless of differences.
4. Promote the general welfare of our school.
5. Put our personal best effort into our work.
6. Respect personal and public property.
7. Attend all classes on time.
8. Respect authority and adhere to classroom, school, and district rules.
9. Cell phones are not to be used during instruction time unless teacher initiated

Expectations:

To allow for a positive learning environment, we ask you to

- be **respectful** and considerate of others, property and surroundings
- be **on-time** and **prepared** to participate actively and positively
- be **responsible** for your own learning
- be **willing** to take risks as a learner

Tardiness/Absences:

Being on time means students are in class with notebook, device, pen and supplies, ready to learn BEFORE the bell rings. All supplies must be brought to all classes, even on lab days. Unexcused lates and absences are not acceptable. Except in the case of illness, it will be expected that students hand in ALL assignments on the due date. If a student is to be absent on the due date, the assignment must be submitted before the due date. Students are expected to find out what they are missing by using the course website and should email me to communicate how they are going to make up the missed learning experience(s). Unexcused absences will result in a call home and no makeup privileges.

Team Work:

Collaboration and cooperation are essential in this course. The lab situation is a team effort, requiring each team member to share duties and complete tasks willingly. Safety is a major concern in this classroom. Any student who is misbehaving in an unsafe manner will be given an alternative assignment outside of the classroom.

Incomplete Report:

“I” incomplete will result if assignments, quizzes or projects are not completed. Students must demonstrate a willingness to learn and put effort into completing all classroom assignments and assessments.