

Foods 10



Course Expectations:

All work must be handed in on time. You will be given sufficient class time to complete most assignments. As long as you use your class time wisely, you may not have homework for this course.

Late work will **NOT** be accepted otherwise. Please keep this in mind and use your time efficiently in class.

Missed a lab? If you miss a lab, you will need to complete a "Making Up a Lab at Home" sheet within 7 days of the missed lab. Please see me to make arrangements. Unexcused labs cannot be made up.

• **You** are responsible for missed lab/projects/tests – I will **not** chase **you** down so come and see me or refer to my school website. **You** will have to gather and complete assignments that **you** miss.

Evaluation:

Cooking Labs **55%**
(see rubric on other side)

Learning Activities **20%**
(recipes, lab plans, in-class Assignments, etc.)

Projects/Assessments **20%**
(challenges, competitions, group projects, quizzes, exams, etc.)

WELCOME to Foods 10!

In Food Studies 10, we will explore:

- the causes of and consequences of food contamination outbreaks
- elements of meal preparations, including principles of meal planning and eating practices
- the relationship between eating practices and mental and physical well-being, foods trends, including nutrition, marketing, and food systems
- simple and complex global food systems and how they affect food choices, including environmental, ethical, economical, and health impacts
- First Peoples food protocols, including land stewardship, harvesting/gathering, ceremonial uses, and preserving methods

Class Expectations

- Cooking is a privilege... and cleaning is part of that process!
- Use respectful, appropriate language and conduct towards students, teachers and guests at all times. When you make a choice, you also choose the consequence.
- Arrive to class on time, with required materials for the activity of the day.

Materials you will need to have for Foods:

- binder
- pen/pencil
- hair elastic on cooking days
- Demonstrate pride, responsibility and care for the Foods room, all kitchen equipment, and the food. This includes trying all foods prepared in class and taking care never to waste ingredients.
- Attendance is important! Almost all of the learning opportunities, assignments and assessments for this course take place in class so be here!
- Cellphones are not permitted in the kitchen unless otherwise instructed. Cellphones should be stored in bags or lockers and should not be out during instructional time.