**Foods and Nutrition 9 Course Outline**

Ms. Hewitt chewitt@sd43.bc.ca

**General Course Objectives:**

Students will be able to…

1. Understand pathogenic microbes associated with food-borne illnesses
2. Practice components of food preparation, including use and adaptations of ingredients, techniques, and equipment successfully
3. Understand health, economic, and environmental factors that influence availability and choice of food in personal, local, and global contexts
4. Identify ethical issues related to food systems
5. Learn about First Peoples traditional food use

**Course Content:**

This course incorporates a variety of food nutrition theory and practical techniques. This course is not a cooking class, although practical techniques and skills are a result of the course, it is one form of learning within the course. Students must come prepared with all necessary supplies, including:

* Clean apron (to be brought to class every day)
* Laptop/tablet, pen/pencil, small binder and paper
* Hair tie (if hair is long enough to tie back) for sanitation
* Closed toe shoes on lab days for safety

**Topics Covered:**

-Introduction: safety, sanitation, equipment, measuring, and lab procedures

-Flour Mixtures and Leveners

-Main Components of the Canada’s Food Guide: protein, fruits and vegetables, and grains, with various recipes throughout including breakfasts, lunches, entrees, and desserts

- Nutrition, Meal Planning, and Budgeting

-Team Work

-Project Management

-Lab based learning

**Attendance:**

-Perform a health check every morning before attending school

-Students are to arrive on time and with all necessary supplies

-If you are absent, please notify Ms. Hewitt via email ASAP – preferably before you are going to be absent so we can arrange for missed work. Communication with your parent/guardian will be made for all absences unless notified in advance by a parent of an upcoming absence.

- Unexcused absences will result in missed labs and practical work must be demonstrated in person

- Regarding missed labs with an excused absence: students will be asked to complete a lab at home if possible and take pictures of their product. Arrangements will be made on a case-by-case basis.

-School events (clubs, sports teams, leadership, etc) count as excused absences, but you must notify Ms. Hewitt ASAP, and missed work will still need to be completed

-It is the student’s responsibility to make up missed work. Ask your partner to collect handouts for you, or assignments can be found online

-Please stay home if you have any cold and/or flu symptoms. Follow school and health protocol regarding Covid-19 specific symptoms.

**Evaluation:**

Labs: 50%

- A detailed breakdown of how labs are evaluated will be provided to you during the first week

- Based on preparation for lab, planning and organization, technique, safety, clean-up, overall final product, and progress of these skill throughout the semester.

- A great deal of the labs will also include personal and social responsibility – Can you manage your own time responsibly? Do you ensure the safety and enjoyment of your partner and lab group?

Theory: 50%

-Daily classroom work

-Notebooks up-to-date and completed on time

-Quizzes and Tests

 -Alternate times for tests/quizzes must be arranged BEFORE the date of the test

-Most of this course will be completed digitally and can be done in class or at home

**Technology:**

Digital assignments will be part of tis course and therefore the use of a laptop/tablet is encouraged. Phones will not count as a device to complete work on! However, phones are a part of our world and therefore will be present in our classroom under certain circumstances. If the use of your phone in class is inappropriate, then you will be asked to leave your device in the “phone hotel”.

Phones should be used appropriately and should not be distracting to the learning environment. Please do not use class time to make personal calls, send texts, or check social media. Devices will be placed in the “phone hotel” if being used inappropriately. Any videos or photos taken must have consent by all parties involved, as well as the teacher’s permission. Absolutely no cellphones will be permitted in the kitchen units and must remain at the desks.