**Foods and Nutrition 9 Course Outline**

Ms. M. Watt

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**Where You Can Find Ms. Watt:**

Block 1: Room 206

Block 2: Room 206

FLEX: Room 206

Block 3: Room 204 – Foods Office

Lunch: Leave me alone please ☺

Block 4: Room 200

Block 5: Room 200

After School: Room 204 – Foods Office until 3:45pm, then find me in the gym

**General Course Objectives:**

Students will be able to…

1. Apply safe and sanitary knowledge in food preparation
2. Identify and properly utilize kitchen equipment, metric measurements, and food preparation techniques
3. Acquire and practice increasingly advanced food preparation skills
4. Apply time management and organizational skills in meal planning, budgeting, and food preparation
5. Use Canada’s Food Guide to make healthier food choices and to evaluate new nutrition information, marketing, and food trends

**Course Content:**

The semester will be divided into several units. Each unit will include a variety of theory, demonstrations, labs, assignments, projects, and quizzes. Students must come prepared with all necessary supplies, notes, and recipes.

**Topics Covered:**

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

-Flour Mixtures and Leaveners

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

-Nutrition, Meal Planning, and Budgeting

-Project Management

**Requirements:**

-Be in class on time, everyday

-Clean bib-type apron, clearly labeled with your name

-Laptop/Tablet and Small 3-ring binder or duotang, paper, pen/pencil

**Attendance:**

-Students should arrive on time and with all necessary supplies

-If you are absent, please notify Ms. Watt ASAP – preferably before you are going to be absent so we can arrange for missed work

-Unexcused absences will result in lost marks

-School events (clubs, sports teams, leadership, etc) count as excused absences, but you must notify Ms. Watt 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. All worksheets and notes must be completed

-Missed labs are assigned a “0,” but can be made up at home. Some exceptions can be made, but must be discussed with Ms. Watt first

**Evaluation:**

\*\*\*Any conversations regarding your marks must be done ***outside of class time***

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, and overall final product

-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? Are you helping others in the classroom outside of your group or politely accepting help from someone else?

Theory: 50%

-Daily classroom work

-Notebooks up-to-date and completed on time

-Quizzes and Tests – failure to write a quiz results in a “0”

-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, but you will still be required to complete work on paper as well

**Technology:**

To reduce waste, Ms. Watt is attempting to take the Foods 9 curriculum digital! Please be patient as this transition is made ☺ Any glitches will be accounted for and Ms. Watt will give extra time if necessary. We will be utilizing an EduBlog. It can be found at: [www.kodiaks.sd43.bc.ca/mwatt](http://www.kodiaks.sd43.bc.ca/mwatt). It is expected that your device be a LAPTOP or TABLET only – 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.

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 without permission. Devices will be taken away immediately if being used inappropriately. Any videos or photos taken must have consent by all parties involved. Absolutely no cellphones will be permitted in the kitchen units and must remain at the desks.