***Foods Intro Course Outline***

***Instructor: Mrs.Russell***

Email – [Ashley.Russell@sturgeon.ab.ca](mailto:Ashley.Russell@sturgeon.ab.ca)

Website: [www.arlearninganddiscovery.weebly.com](http://www.arlearninganddiscovery.weebly.com)

**Introduction:**

We know that “You are what you eat!” Canada’s Food Guide to Healthy Eating assists you to make wise food choices. Success in preparing food depends on understanding recipes and equipment, care in handling food, as well as, safe and efficient work habits. In this intro to foods you will learn these key concepts, and most importantly, have fun!!!!

***General Learning Outcomes:***

The student will:

1. Describe factors relating to food safety, safe handling of tools and equipment.
2. Describe the preparation methods and role of key ingredients in recipes.
3. Describe food choices in relation to Canada’s Food Guide to healthy eating.
4. Demonstrate knowledge and management skills in the planning, preparing and evaluating of baked foods and meals.
5. Demonstrate basic competencies as outlined by Career and Technology Studies basic competencies guide.

-manage learning & resources

-solve problems and innovate

-communicate effectively

-work well with others

-demonstrate responsibility and safety

**Supplies:**

1. Duo tang or binder pencil or pen (black/blue) eraser

Lined paper hair elastic (if you have long hair)

**Assessment:**

Skills Assessment (Worksheets/quizzes/assignments) 30%

Labs – Safety/organization/skills/Using time efficiently (Self Evaluations) 70%

**Expectations**

* You will be working with kitchen equipment and tools regularly so ensure the following:
  + Ensure you follow all safety rules and procedures, injuries can happen in the lab
  + Demonstrate a positive attitude and behaviour
  + Be responsible
  + Keep work area clean and free of debris at all times to avoid working hazards
  + Use class time effectively and keep up with your work