Career and Technology Studies (CTS)
Mayerthorpe Junior Senior High School
Food Studies 10/20/30
2019 - 2020 Course Outline

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Food Studies, a strand in Career and Technology Studies is now part of the *Health, Recreation and Human Services (HRH)* which offers all students important learning opportunities. The study of food is accomplished through a variety of contexts. The modules are concerned with food in its relationship to nutrition, preparation and presentation, management and social and cultural context. This course is divided into modules according to 10, 20 and 30 levels. You will receive one credit for each module you successfully complete. In this full semester course, **you will be completing 6 modules for a total of six credits.** We complete one as a class and then all students are expected to complete five independently.

Within the philosophy of Career and Technology Studies, *students* in Foods *will*:

1. Develop an interest in the broad base of food in such a way that they are motivated to continue practicing and learning about foods.
2. Develop an awareness of the nutritional importance of food and its role in physical maintenance and wellness.
3. Develop basic knowledge, skills and attitudes through the preparation of a variety of foods in order to lead richer and more fulfilled lives or to enter the food service industry with increased confidence and success.
4. Practice safe and sanitary food handling, and realize the consequences of failing to do so.
5. Foster an understanding and knowledge of the multicultural richness and varied social customs in the preparation and sharing of food.
6. Develop management skills in the selecting, preparing and servicing of food, and assess the impact these decisions might have on the global community.



MODULE SELECTION

All students in Alberta must complete Food Basics (FOD 1010) and Contemporary Baking (FOD 1020) before moving on to other modules. *You can only complete each module once.*

10 Level	20 Level	30 Level
FOD 1010: Food Basics	FOD: 2030 Food Decisions & Health	FOD 3010: Food for the Life Stages
FOD 1020: Contemporary Baking	FOD 2040: Cake & Pastry	FOD 3020: Nutrition & Digestion
FOD 1030: Snacks & Appetizers	FOD 2050: Bread Products	FOD 3030: Creative Baking
FOD 1050: Fast & Convenience Foods	FOD 2060: Milk Products & Eggs	FOD 3040: Yeast Products
FOD 1060: Canadian Heritage Foods	FOD 2070: Soups & Sauces	FOD 3050: Advanced Soup & Sauces
FOD 1070: Farm to Table	FOD 2090: Creative Cold Foods	FOD 3060: Food Presentation
FOD 1080: Food & Nutrition Basics	FOD 2100: Basic Meat	FOD 3080: Advanced Meat Cookery
	FOD 2110: Fish & Poultry	FOD 3110: Food Processing
	FOD 2130: Vegetarian Cuisine	FOD 3120: Food Evolution Innovation
	FOD 2140: Rush Hour Cuisine	FOD 3160: Regional Cuisine
	FOD 2170: International Cuisine	
	FOD 2180: Vegetables & Fruits	
	FOD 2190: Grains, Legumes, Nuts & Seeds	

BASIC COMPETENCIES FOR EACH MODULE

Demonstrate Fundamental Skills to:

- Communicate
- Manage information
- Measure in Metric or Imperial
- Critically problem solve
- Work safely
- Work well with others
- Provide accurate grocery lists every week
- Practice lab cleanliness



MODULE DEADLINES

Module 1	September 3 – September 13 (9 days)
Module 2	September 16 – October 4 (15 days)
Module 3	October 7 – October 29 (15 days)
Module 4	October 30 – November 25 (15 days)
Module 5	November 26 – December 16 (15 days)
Module 6	December 17 – January 23* (15 days)



This allows 15 school days per credit. You require 5 days for labs, 1 day for the module test and 9 days for the module work.

**You can only hand in one module in January! Final module is due on the last day of classes.*



MODULE EVALUATION

All modules will be evaluated as follows:

A. Student Learning Guide	20%
B. Module Test	40%
C. Required Labs*	40%

*This mark is based on process, product and clean-up.

At the completion of each module, the student will be informed if credit was achieved. When the teacher's professional judgment indicates the student is in a position to demonstrate learning on a summative assessment with greater success than the initial attempt, such an alternative or additional summative assessment will be provided at a time agreed upon by the student and the teacher.

Assessment for Learning (Formative Assessment) is a systematic process of collecting information or evidence about student learning and is not assigned a grade/mark for the report card. **Assessment of Learning (Summative Assessment)** is the judgment we make about the assessments of student learning based on established criteria and a mark/grade is recorded for the report card. The purpose of assessment is to improve student learning. This means that judgments of student performance must be criterion-referenced so that descriptive feedback can be given that includes clearly expressed next steps for improvement. Tools of varying complexity are used by the teacher to facilitate this. For the more complex evaluations, the criteria are incorporated into a rubric where levels of performance for each criterion are stated in language that can be understood by students. Where possible, students will be engaged in their own assessment through self-reflection and the construction of rubrics

Assessment is embedded within the instructional process throughout each unit rather than being an isolated event at the end. Often, the learning and assessment tasks are the same, with formative assessment provided throughout the unit. In every case, the desired demonstration of learning is articulated clearly and the learning activity is planned to make that demonstration possible. This process of beginning with the end in mind helps to keep focus on the expectations of the course curriculum outcomes. The evaluations are expressed as a percentage/mark/grade based upon levels of achievement.

Should a situation arise where a student is not satisfied with an assessment outcome, first discuss the matter with the teacher outside of class time. If the teacher and student are unable to resolve the issue, then the teacher will approach another teacher to assess the assignment. (The teacher will not have prior knowledge of the student's name or the previous grade for the given assignment). If there is still an issue, a

meeting will be set up between the student, teacher, parents and administration to resolve the matter. The commencement of an appeal must occur in a timely manner; within 48 hours of receiving the marked assignment. In return, the appeal process will be completed as soon as possible.

GRADE DETERMINATION:

Individual module mark determination: Grade will be based upon completion of lab work, student learning guide and module test conducted within each module. The grade will reflect the student's most consistent level of achievement throughout each module. This CTS program does not issue a final grade as it is modular based.

CLASSROOM STANDARDS AND EXPECTATIONS IN FOOD STUDIES

Student Learning Guide

It is an expectation in food studies that students do their BEST on the module. The student learning guide portion of the course must be completed individually. ***Copying other's work is cheating and will result in having to re-do the module booklet.*** Students are not permitted to hand in one module with two names on it. A sufficient amount of class time *(15 school days)* is always provided in order to meet all deadlines.

What does success look like in CTS?

A successful student:

- Chooses a module and keeps track of it
- Chooses a partner and divides tasks effectively
- Completes a grocery list every week and hands it in every Monday
- Has acceptable hygiene, a hair tie and an apron
- Utilizes their assigned kitchen space
- Acts in a safe, mature manner
- Completes the module by the assigned date
- Writes the module test on or before the assigned date
- Checks the detailed report file and knows how many credits are completed

Module Test

A test will be given at the completion of each module. Test dates are scheduled for *every 15 school days* and there will be no cooking on these dates. You must have your module completed and ready to hand-in in order to attempt the test. If a student is absent, the test will be written when they return to class. You must successfully pass the test in order to earn the credit. Students are always welcome to write the test early in order to move on to the next module.

Lates

Classes at MHS are 80 minutes in length. Thus, students must be in the lab and ready to begin cooking immediately following the bell. Should a student arrive late, the group

will lose their kitchen space. If being late continues to be a problem, contact home will happen promptly. Students that miss 25% of the class will be marked absent. (10 min for 40 min class, 20 min for 80 min class)

Attendance
This year, I will phone home if there are missed classes which are unexcused absences. On the 11th absence, a referral is submitted to the administration. *You cannot earn credits in a lab-based program if you are not in class.*

Respect
Disrespect to the teacher, Educational Assistant or substitute teacher will not be tolerated at any time. A phone call home and/or a discipline referral to the school administration will result.

Required Supplies
1. Binder
2. Pen/Pencil
3. Hair tie/Hat*
4. Apron* (This is supplied for all students. You can bring your own if you choose to but it must be school appropriate.)

*PLEASE NOTE: HAIR COVERED -It is mandatory that long hair be tied back –**no free flowing hair**. A hair tie or baseball hat is sufficient. Hair ties are located on the teacher's desk. There is to be no use of a comb or brush in the lab at any time. Students are not permitted to braid their hair in the lab. Please do this in the washroom prior to class. All students must wear an apron while in a kitchen. There is no exception.

Cell Phones/Electronic Devices/Headphones
At MHS, you are not permitted to bring or utilize your phone or any personal electronic device in the lab or classroom. Anyone requiring use of the internet, in order to complete a module or find a recipe, will be supplied with a chrome book. Chrome books may not be used in a kitchen or while cooking. Students are expected to sign out chrome books and return them before the end of the day. Headphones must be attached to a chrome book.

Behavior
1. Behave responsibly at all times.
2. Always consider the other people using your kitchen with regard to cleanliness.
3. Respect the Safety and Sanitation Requirements of a Foods Lab. (no throwing food)
4. Start cleaning 10 minutes before the end of the class.
5. Keep your work station clean at all times.
6. You must learn to wash hands properly and do so before beginning to cook.
7. NO COMBS, BRUSHES OR MAKE UP TO BE USED IN THE FOODS ROOM.
8. Clean footwear is required at all times.

Students are expected to behave responsibly and maturely when working in a high risk laboratory setting. Basic safety procedures will be discussed early in the course and students are reminded to observe these safety precautions at all times. If an accident occurs, no matter how small, report it to your teacher.

Lab Days

Upon entering the lab, take a seat and wait for attendance. If you are scheduled to cook, wash your hands, grab an apron and begin to gather your supplies. Before starting to cook, preheat your oven and gather what is required before beginning the recipe. **Under no circumstances are students allowed to use greater quantities than ordered.** We cannot afford to double recipes. We are not feeding students from other classes or those in the hallway on spares. There is no delivery service to classes or students. Clean-up must start 10 minutes BEFORE the bell Extra product can only be taken home in the donated containers. **STUDENTS CANNOT LEAVE THE CLASSROOM UNTIL THE LAB IS CLEAN. YOU WILL NEVER BE DISMISSED BEFORE THE BELL.**



Lab Fee

There is a required lab fee of $25. Please pay by Tuesday, October 1st, 2019. You can make payment arrangements with the office if necessary. A receipt will be issued as soon as the funds are received.

This course outline is now available on the school website and does not need to be returned.

TEACHER: *Mrs. Shelley Knott*

