

Mayerthorpe Junior/Senior High School

CTF - Foods & Nutrition

2019 - 2020

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Foods Lab

Education in Alberta aims to honour cultural diversity and promote intercultural understanding. Students are able to build on foundational knowledge about First Nations, Metis and Inuit peoples. The program of studies provides opportunities for students to develop a knowledge and understanding of, and respect for, the histories, cultures, languages, contributions, perspectives, experiences and contemporary contexts of First Nations, Metis and Inuit.

CTF is exploring interests, passions and skills while making personal connections to career possibilities.

- I explore my interests and passions while making personal connections to career possibilities.
- I use occupational area skills, knowledge and technologies.
- I follow safety requirements associated with occupational areas and related technologies.
- I demonstrate environmental stewardship associated with occupational areas.

CTF is planning, creating, appraising and communicating in response to challenges.

- I plan in response to challenges.
- I make decisions in response to challenges.
- I adapt to change and unexpected events.
- I solve problems in response to challenges.
- I create products, performances or services in response to challenges.
- I appraise the skills, knowledge and technologies used to respond to challenges.
- I communicate my learning.

CTF is working independently and with others while exploring careers and technology.

- I determine how my actions affect learning.
- I develop skills that support effective relationships.
- I collaborate to achieve common goals.

What This Looks Like:

We will be covering food preparation, nutrition, meal planning, community service and a small business venture. We will work on further developing the students ability to properly prepare meals. Students input will be considered in the food choices we make ensuring breakfast, lunch, and dinner are all covered. We will be undergoing a small business venture selling a product at lunch. We will be examining what is involved in a project of this type. Cost analysis and profit margins will be looked at. Groups will be in charge of marketing, organization, and management of the project. Community service is important and we will be making muffins for our school breakfast club. Nutrition is important and we will examine what is in the food we eat and the choices we make.

The Student Will Be Able To:

- Identify and properly utilize kitchen equipment, imperial/metric measurement, and food preparation techniques
- Apply knowledge of unit rates to determine the cost of products
- Market a produce
- Apply time management and organizational skills in cooking and project management
- Acquire and practise food prep skills
- Understand food terminology
- Develop good work habits and work cooperatively with peer
- Recognize the importance of giving back
- Better understand what is in the food that we eat and why we need to pay attention to this

Student Assessment:

Practical Labs - 40% - Student performance will be evaluated on a daily basis. Labs will be marked complete as long as they are finished and the kitchen is left clean. Aprons are mandatory and all members are to contribute equally.

Projects and Assessments - 40% - Projects are to be handed in when due. Late assignments will be assessed differently. Work must be completed even if you are absent.

Community Service - 10% - Baking of muffins for other members of the school.

Small Business Project - 10% - Participation is essential to receive full marks in this area. Responsibilities are wide ranging and there is something for everyone to contribute.

Personal Hygiene:

1. Long hair must be tied back
2. You must wash your hands before any food prep/cooking will occur - every kitchen has soap and please wash for 30 seconds
3. Aprons are mandatory, constant reminders will affect your labs
4. Bulky sweaters and jackets must be removed when cooking

GRADE DETERMINATION:

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)** 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.

Expected Class Behavior

- If absent, please remember that it is the student's responsibility to check with the teacher for work missed while absent.
- There will be no tolerance for vulgar language or disrespect to other teachers or students while in the classroom learning environment.
- Please ensure you come prepared to class! This includes bringing ALL class material!
- **Good attendance is mandatory** due to the practical nature of the course. Full participation in every class is a necessity. A good effort must be put into every class.
- If the student is later than 20 minutes then they will be marked absent. If absences/lates are excessive then parents will be contacted and a meeting with Administration will be arranged.



There is a food's charge of \$15 to help cover costs associated with this class.

