

FOODS

*JH OPTION* – Mrs. Weber

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St. Mary’s Catholic School

Students enrolled in Foods will be exposed to the world of preparing, cooking and serving food. Students will learn how to practise safety in the kitchen. They will learn how to serve tasteful dishes in both flavour and presentation. Students will work hands on each week so that they will know how to complete all dishes themselves. The students will end the course with a complete list of favourite recipes from history and creation.

Timeline:

* September - January

Class Time:

* Tuesday

Materials Needed:

* Notebook
* Pencil and eraser (no pens)
* Apron
* Other materials may be needed throughout the course
* Portfolio

Expectations:

* Students will be given freedom in the Food Lab to use appliances. Students are expected to follow all guidelines set forth on Day 1 of class.
* Students are expected to keep work area tidy and have a completely cleaned area 5 mins prior to the end of class.
* Students are expected to return items to appropriate area in last 5 min of class. Items must be signed in and out.
* There will be zero wastage and students are to cook in moderation.
* Students are expected to display role model behaviour. Students are to follow the 3R’s: Respect themselves, Respect others and Respect the school.
* Students who do not demonstrate the three 3Rs will be removed from the Food lab for safety reasons. If a student is not in the lab he or she cannot be assessed.
* Students should be present for all classes. Students who miss a class cannot be assessed.

Assessment:

* Food Preparation, Cooking and presentation 30%
* Group Work:20%
* Portfolio :50% (Effort, Organization and Criteria)

ALLEGERIES::: It is extremely important that the school be aware of any food allergies that your child may have. Please sign and list below the allergies he or she may have.

Allergy: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Course Outline:

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| Date | Outcome/Topic |
| Sept 2 | Course outline/expectations  Safety in the Kitchen   * Personal Hygiene * Hand washing http://www.youtube.com/watch?v=MIE0KbGIXjM * Workspace (Prep and Clean-up) * First- Aid   Working:   * Preparing * Measuring * Mixing * Cooking * Serving   Familiralization of materials  Portfolio Outline |
| Sept 9 | Healthy Eating:   * Canada Food Guide * Water * Macro and Micro nutrients   Planning, preparing and evaluating basic recipes for:   * Recipe language * Cooperative teamwork * Safety and Sanitation * Measurement * Equipment availability   Assessment: Portfolio |
| Sept 16 | Snacks:   * What is a snack? Healthy vs Not Healthy * Snack Prep |
| Sept 23 | Appetizers:  -Extraordinary Cheese Dip with Pita bread  -Taco dip  -Fruit Pizza  -Chicken Sliders  -Pita Spinach Phylo Pastry |
| September 30 | Baking:   * Homemade Pumpkin (?) Pie for Thanksgiving |
| Oct 14 | Baking: Squares and Cookies   * Snowballs * Chocolate Chip Oatmeal Cookies * Mice Cookies * Others |
| Oct 21 | Baking:   * Banana Bread   Whole Wheat Bread |
| Nov 4 | Fast Food Analysis |
| Nov 18 | Fast Food Analysis  Portfolio Completed and Passed in Term 1 |
| Dec 2 | Meal   * Honey Garlic Chicken, Rice and Vegetables * Other |
| Dec 9 | Meal   * Chicken Cashew Stir-fry * Other |
| Dec 16 (2 classes together) | Meal:   * Italian Dinner |
| Jan 6 | Entrees   * Student Choice |
| Jan 13 | Desserts |
| Jan 20 | “St. Mary’s Kitchen Competition” Prep  -Mystery Food Pick and Recipe Creation |
| Jan 27 | “St. Mary’s Kitchen Competition” Challenge Day |
| January 30 | Portfolios and Final Project Due. |
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Recipes are subject to change.