

CTF Human Services

'Food Studies' Course Outline



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Course Description:

A selection of modules in cooking will be available throughout the term:

Food Basics, an introduction to the kitchen with an emphasis on safety and the use of small appliances. Written work is a component of this course as well as hands on opportunities.

The following modules will be offered **Snacks and Appetizers**, a look at the importance of snacking to our daily nutrition. **Breakfast** – the most important meal of the day, **Cheese-** focus on meals with cheese, **Cookies and Squares-** bake various items, **Main Course** Create meals that would be main courses.

Driving Question: How can I prepare snacks, breakfast foods, desserts, and main courses in the kitchen while keeping in mind; safety and budget?

Activities

- Learning your way around the kitchen and knowing how to use the different equipment.
- Learning to become independent as you enter your young adult stage of life.
- Learning the vocabulary and skills needed to prepare healthy food for yourself and others.
- Learning the safety rules and procedures in a kitchen, you will practice recipes in your labs.
- Nutritional knowledge, skill, fun and confidence building are all a part of culinary arts.

Supplies

- Recipes and various foods will be supplied in the kitchen.

CTF Outcomes

These are the areas we will be focusing on as a class.

Outcome # 1: I explore my interests and passions while making personal connections to career possibilities.

Outcome # 2: I use skills/technologies associated with occupational areas.

Outcome # 3: I follow safety requirements associated with occupational areas and related technologies.

Evaluation

Students will be expected to complete daily assignments and tasks. Students will be assessed on completed projects and work habits within the classroom. The rubrics for marking projects and work habits are listed below.

Food Studies Rubric

CTF Outcomes	Adapt	Apply	Acquire	Incomplete
I explore my interests and passions while making personal connections to career possibilities.	I plan to use cooking/baking a great deal in the future.	I plan to use cooking/baking somewhat in the future.	I doubt cooking/baking will be something I do in the future.	This student missed most classes.
I use skills/technologies associated with occupational areas.	I use the equipment within the kitchen the correct way all of the time.	I use the equipment within the kitchen the correct way most of the time.	I do not use the equipment within the kitchen the correct most of the time.	This student missed most classes.
I follow safety requirements associated with occupational areas and related technologies.	I am careful to ensure I follow all of the safety requirements set out for this class.	I am careful to ensure I follow most of the safety requirements set out for this class.	I often forget to follow all of the safety requirements set out for this class.	This student missed most classes.

Work habits rubric

Work habits criteria	Adapt	Apply	Acquire	Incomplete
Positive attitude	Always	Regularly	Occasionally	Rarely
On task	Always	Regularly	Occasionally	Rarely
Uses supplies/resources responsibly	Always	Regularly	Occasionally	Rarely
Finishes projects on time	Always	Regularly	Occasionally	Rarely
Follows routines & classroom procedures	Always	Regularly	Occasionally	Rarely
Treats others with respect	Always	Regularly	Occasionally	Rarely