



Foods 10

COURSE OUTLINE

MRS. KLATT



FOODS BASICS

FOD1010

You will learn the basics of safety and sanitation within the kitchen, as well as familiarize yourself with cooking utensils and equipment. You will also gain knowledge of the Canadian Food Guide while learning the nutritional and functional values of foods during the cooking process.

CANADIAN HERITAGE


FOD 1060

You will discover how the culinary arts of Canada today reflect our rich historical origins by crafting a vast array of ethnic foods that will expand your palate.

FAST + CONVENIENCE

FOD 1050

You will learn how to make wise choices regarding your budget, your time and the nutritional value of the fast, convenient food that you will prepare in this module.



CONTEMPORARY BAKING

FOD1020

You will develop an understanding of the basics to the art of baking in this module. You will create delicious biscuits, cookies, muffins and cakes while learning the importance of ingredient selection and mixing techniques in order to transform them into the baker's pride.

FRUITS + VEGETABLES


FOD 2180

You will learn about the wide range of vegetable and fruit products available, and how to retain their nutritional value and quality through a variety of cooking methods.

PROJECT A

FOD 1910

Design, manage and present your own cooking show using new techniques that build upon what you have learned this semester.



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website:
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Culinary Arts

COURSE INFORMATION

MATERIALS

Laptop
Hair Elastics
Aprons will be provided.

EVALUATION

Theory: 20-30%
Cooking Labs: 50-60%
Exams: 20-30%
1 credit per module

LABS

Cooking labs are an essential component to the culinary arts program. Over half of all classes are comprised of practical lab experience in the kitchen.

20 points will be allotted per lab
Areas of evaluation: Safety, Skills, Product, & Clean-up

There will be no make-up labs available at the school for days missed, although alternative arrangements can be made ahead of time to cook at home with the consent of the teacher.

In order to cook during a lab day a student **MUST** have all assignments completed & handed in, a copy of the recipe book and arrive on time.

ABSENCES

Students absent from scheduled assignments and exams will need to arrange a mutually agreed upon time to complete what is missing.

Students will have one week after the unit has been complete to determine a suitable timeline for their submissions.

It is your responsibility to find out what work was missed during the time that you are away.

The work must be completed with the teacher determining a mutually agreed upon time line for the missed work to be handed in for evaluation. "I didn't know about it" or "I wasn't there" are not acceptable.

DEADLINES

Deadlines are realistic in the normal working life outside the school setting. Some deadlines are negotiable; some are absolute. If the student does not complete or submit work on either an absolute or a negotiated deadline, that work will be entered as a not handed in assignment until the student submits the work. We also set deadlines as a way of bringing closure to one unit of work and moving ahead to another.

Students are expected to:

- Seek assistance from the teacher when they feel unable to complete a task/assignment due to insufficient knowledge or skill. Be sure to advise the teacher of any difficulty well before a task/assignment is due.
- Negotiate alternate deadlines well before an established due date.
- Understand that some deadlines are negotiable; some are absolute.

HOW WILL I RISE

IN CULINARY ARTS?



RESPONSIBILITY

- *At all times, you are responsible for your own effort and attitude and how you interact with others.*
- *Always treat classmates, staff, and our learning space with respect.*

INTEGRITY

- *Be someone who is worthy of trust and admiration.*
- *Work submitted as your own must be created entirely by you.*
- *Credit others where credit is due: this includes citing information used in your work and also crediting and thanking those who help you on your way.*

STRENGTH

- *One of the best ways to learn is to fail. Embrace this, learn, and try again.*
- *This building is full of caring people. Seek help and support when you need it - from friends, teachers, and counsellors.*
- *Understand that we all experience stress and problems. How we deal with them and overcome them demonstrates strength in our character.*

EXCELLENCE

- *Excellence can never be achieved without a foundation of responsibility, integrity, and strength.*
- *Excellence is PERSONAL excellence. Your personal excellence may look very different than another person's. Set realistic goals and strive to meet them.*