

Vincent Massey High School  
Foods and Nutrition 10G  
Course Outline

This course involves food preparation and the knowledge needed to make smart food choices. The intent is to improve students eating habits and abilities in the kitchen.

**General Learning Outcomes:**

- Students will acquire knowledge concerning the sensory appeal of food and use this knowledge to increase food enjoyment.
- Students will learn the basics of kitchen measurement and practice safe and correct use of the kitchen equipment.
- Students will be able to demonstrate various mixing and cutting techniques.
- Students will become familiar with scientific reactions that relate to food.
- Students will become knowledgeable about Canada's food guide requirements and serving sizes and be able to apply this knowledge to better their diet.
- Students will be able to identify which foods are needed on the basis of nutrients provided and their purpose.
- Students will become proficient at making food choices using food labels and available consumer resources.

**Course assessment structure:**

Food Labs:	20%
Assignments, Projects	30%
Tests	25%
Food Lab Exam	10%
Final Exam	15%

## Unit Descriptions

### Unit 1: Food Preparation Basics

**Approximate Instructional Time for Unit of Study:** 5 weeks

#### Learning Outcomes:

- Practice in using kitchen equipment, space and food correctly and safely
- Understanding of how the senses affect food enjoyment
- Application of the knowledge of sensory appeal to understanding food preferences and creating enjoyable food combinations
- Experience in measuring in both Imperial and Metric systems
- Knowledge of basics cutting and mixing techniques
- Understanding of how to prepare, serve and store food safely
- Knowledge of the purpose of specific ingredients in flour mixes

#### Assessment:

- Sensory Food Testing and Critique: Weight 1
- Measurement Quiz: Weight 1
- Kitchen Safety Poster: Weight 3
- Food Labs (approx. 8) Weight 1
- TEST ONE: Weight 4

### Unit 2: Canada's food Guide

**Approximate Instructional Time for Unit of Study:** 4 weeks

#### Learning Outcomes:

- Knowledge of single serving sizes, the four food groups and food group requirements
- Ability to use information in CFG to improve food choices and diets
- Identification of six categories of nutrients and the key nutrients in CFG food groups
- Understanding and use of food labels in assessing nutritional value of food

#### Assessment:

- Personal Food Record and Analysis: Weight 4
- Food Guide Assignment Weight 3
- Food Labs (approx. 6): Weight 1
- TEST TWO: Weight 4

### **Unit 3: Principles of Cookery: Plant Foods**

**Approximate Instructional Time for Unit of Study:** 4 weeks

#### **Learning Outcomes:**

- Understanding the scientific reactions that occur during preparation and cooking of plant foods
- Knowledge of how to control scientific reactions to produce quality food
- Identification of the functions of the nutrients in grains, and in fruits and vegetables

#### **Assessment:**

- Superfoods Research Assignment: Weight 4
- Fruit and Vegetable Assignment: Weight 3
- Food Labs (approx. 6): Weight 1
- TEST THREE: Weight 4

### **Unit 4: Principles of Cookery: Animal Foods**

**Approximate Instructional Time for Unit of Study:** 4 weeks

#### **Learning Outcomes:**

- Understanding the scientific reactions that occur during preparation and cooking of animal foods
- Knowledge of how to control scientific reactions to produce quality food
- Identification of the functions of the nutrients in milk, and in meat

#### **Assessment:**

- Fat Assignment: Weight 3
- Home Meal Prep Assignment: Weight 4
- Food Labs (approx. 5) Weight 1
- TEST FOUR: Weight 4

## Student Responsibility Guidelines for Assessment and Evaluation

Students actively engaged in their learning are the essence of the Brandon School Division's mission of educating the whole child.

The assessment, evaluation and reporting of student learning and achievement involves students, teachers, principals, parents, superintendents and the Board of Trustees. It is the responsibility of professional educators to assess, evaluate, and report on each student's degree of engagement and resulting learning outcomes. Such assessment, evaluation and reporting is a continuous and fundamental part of the student's learning process. Students are responsible for:

- their own learning with the expertise, assistance and motivation of their teachers;
- engaging individually and collectively in school/community learning opportunities;
- improving their learning involvement
- playing an active role in assessing their own learning
- providing evidence of their learning within established timelines

The purpose of this document is to identify student responsibilities in assessment and evaluation practices, provide clear guidelines and consequences so students can make informed decisions, and to provide structures that improve the relationship between student learning and assessment.

All assessments and/or evaluations will be assigned a reasonable completion date by the classroom teacher.

When a student demonstrates negligence and/or disregard towards the assessment and/or evaluation due date, the teacher can assign a "0" grade for the incomplete assessment and/or evaluation.

For a "0" grade to remain permanent on the student's record for that unit of study, a teacher's records will demonstrate that he/she had advised the student and the parent/guardian that there was an opportunity to complete the original assessment or an alternate assessment, but that it would have been penalized in accordance to divisional guidelines.

Penalization for late assessments is as follows:

- Grade 9 – 10%
- Grade 10 – 15%
- Grade 11 – 20%
- Grade 12 – 25%

Example: Grade 10 student receives 80% for a late assessment. The penalty for the late assessment would be  $(80)(0.15)=12$ . The adjusted mark would be  $80-12=68\%$ .

Once the late assessment is marked, the penalized assessment mark will replace the “0” grade that was originally assigned to the student by the teacher.

If the original or alternate assessment is not submitted by the new completion date or if the student refuses to submit a required assessment, the “0” grade assigned to it will remain on the student’s evaluation records. The “0” grade(s) will be calculated into the student’s final mark for the unit of study and will be used in the calculation of the final grade of the course.