



Foods Studies 10

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Introduction

Welcome to Foods and Nutrition 10! Throughout your participation in Foods Studies, you will be encouraged and enabled to develop the knowledge, skills, and attitudes necessary to use a variety of food-preparation techniques to prepare nutritious, tasty, attractive foods in a cost- and time-effective manner.

Students are able to choose their own recipes. Please note that students must have a way to take pictures of their cooking assignments throughout the course.

Topics

- Kitchen safety
- Food Safety
- Nutrition
- Meal Preparation, Techniques, and Presentation
- Food systems, production, marketing, and supply

Assessment

Grades will be calculated according to the following weightings.

Written assignments 40%
Cooking assignments 60%

Resources

Blackboard Learn 9 Website: <http://sd68.blackboard.com>

Jupiter Grades: Mark update and assignment feedback at <https://jupitergrades.com>

School Website: <https://island-connected.sd68.bc.ca>

Attendance

Please be aware that Island Connect K -12 does not have a general attendance requirement. However, it is in your best interest to make a habit of checking in with your teacher at least once a week – face to face, by email, or phone. Assignments should be submitted weekly with continuous progress being made. Past learners have stated that such contact promotes engagement with the course materials and serves to motivate them to complete the work in a timely fashion.

Completion Timeline Expectations

Successful learners typically finish within four months of initial enrollment in this course. COMMIT to achieving your goals! Get a calendar out and plan how you and when you will complete each lesson in the first two units immediately. If you mess up, do your best to catch up, but change the timeline right away to reflect this change and, then, do your best to never let yourself fall behind again.