
Vincent Massey High School
Foods and Nutrition 10G
Course Outline
2007- 08

This Foods and Nutrition 10G course outline provides an overview of the course content and evaluation requirements for a regular programming as per Brandon School Division Student Assessment Policy and Vincent Massey High School requirements.

Course Title: Foods and Nutrition 10G

School Year and Semester: 2007-08 – Semesters 1 & 2

Teacher: Mrs. Eveline Anderson

Course Description: This course involves food preparation and the knowledge needed to make smart food choices. The intent is to improve student 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 be able to demonstrate the basics of kitchen measurement and to practice food and kitchen safety.
- Students will be able to demonstrate various cutting and mixing techniques and correct use of kitchen equipment.
- Students will become knowledgeable about Canada's Food Guide requirements and serving sizes and will be able to apply this information to better their diet.
- Students will become familiar with scientific reactions that relate to food.
- Students will learn the importance of a well-balanced diet, and be able to identify which foods are needed on the basis of nutrients provided and their purpose.
- Students will be able to choose their food and support their decisions as educated consumers.

Course Evaluation Structure:

- Food Labs: 25%
 - Assignments, Classroom Activities, Projects: 25%
 - Tests: 25%
 - Food Lab-Individual 10%
 - Final Exam: 15%
- Term work will be valued at 85%**
Final Exam will be valued at 15%

Course Final Standing:

The final mark for term work within the respective categories (tests, assignments, class activities, and practicum) will be cumulative.

Unit Descriptions (open to change)

Unit 1 Title: Food Preparation Basics

Approximate Instructional Time for Unit of Study: 5 weeks

Learning Outcomes:

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

Evaluation:

- Classroom Activities: 50 marks
- Sensory Food Testing/Critique: 15 marks
- Measurement Quiz: 10 marks
- Kitchen Safety Poster: 20 marks
- Food Labs – approximately four 10 marks each
- TEST ONE: 100 marks

Unit 2 Title: 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

Evaluation:

- Classroom Activities: 40 marks
- Promoting Nutrition Project: 30 marks
- Personal Food Record and Analysis: 30 marks
- Food Labs – approximately 5 10 marks each
- TEST TWO: 100 marks

Unit 3 Title: 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

Evaluation:

- Classroom Activities: 30 marks
- Energy Needs Analysis: 30 marks
- Fruit and Vegetable Project: 30 marks
- Food Labs – approximately four 10 marks each
- TEST THREE: 100 marks

Unit 4 Title: 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

Evaluation:

- Classroom Activities: 30 marks
- Calcium Project: 30 marks
- Nutrient Board Game: 30 marks
- Food Labs – approximately 6 10 marks each
- TEST FOUR: 100 marks