

FOODS 20/30



CLASS WEBSITE:

gmhsfoods.weebly.com

COURSE OUTLINE

**This intermediate and advanced foods course is designed to challenge your cooking skills in a variety of ways
...Are You Ready?**

FOD 2040: Cake and Pastry & FOD 3030: Creative Baking

Foods 20 (FOD 2040) - You will expand your knowledge and skills in the production of a variety of cakes and pastries, including foam cakes, shortened cakes and puff pastries. Foods 30 (FOD 3030) - You will create specialty cakes and a major baked project.

FOD 2050: Bread Products & FOD 3040: Advanced Yeast Products

Foods 20 (FOD 2050) - You will learn the role of ingredients used in making yeast breads and rolls and use specialized skills in to create a variety of yeast products. Foods 30 (FOD 3040) - You will further your skills in yeast doughs and preparation of yeast products. Consistency in in product quality will be emphasized

FOD 2100: Basic Meat Cookery & FOD 3080 Advanced Meat Cookery Foods 20 (FOD 2100) - You will learn to differentiate between cuts of meat, and apply this to tenderizing and cooking methods within your chosen recipes. Foods 30 (FOD 3080) - You will develop further awareness of types of meat available and preparation techniques.

FOD 2170: International Cuisine & FOD 3100: Entertaining with Food

Foods 20 (FOD 2170) - You will discover other cultures by exploring their cuisine while learning a variety of international cooking techniques to prepare food for a typical day or for a cultural event. Foods 30 (FOD 3100) - You will cook international dishes with a focus on how best to serve, prepare and present dishes.

FOD 2100 Vegetables & Fruit & FOD 3070: Short Order Cooking

Foods 20 (FOD 2100) - You will learn about the wide range of vegetables and fruit products available and how to retain their nutritional value and quality through a variety of cooking methods. Foods 30 (FOD 3070) - You will develop foundation skills in preparation and principles underlying short order cookery.

CTS Courses

The Foods Studies Program at GMHS is part of the Career and Technology curriculum. Each successfully completed module (50% or higher) will award you 1 credit. Each module or credit stands independent of the others. There is no cumulative exam. It is possible to receive less than 5 credits in this class.

COURSE INFORMATION

Your culinary vocabulary will expand greatly over the next few months...have fun!

Materials

- Laptop or binder...writing devices may help!
- Hair elastic (for students with long hair)
- Food container!

Evaluation

Theory or Projects: 20 %

Labs: 40%

Exams or Projects: 20%

Citizenship & Employability 20%

Labs

20 points will be allotted per lab

Areas of evaluation (5 points per area):

Grooming, 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 if the absence is excused.

In order to cook during a lab day a student MUST :

- Have all assignments completed & handed in.

Absences

Work Period – Catch up by working at home so that you are not behind!

Cooking Day – This class is based on the skills you SHOW in the class. Missing a cooking day means I cannot evaluate your skills. Students will be given opportunities to make up a few

cooking days but numerous absences can result in zeros. Tests - Students absent from scheduled exams need to come see me to arrange a mutually agreed upon time for the student to write the test.

Extended Absences - If absent for any reason or for any number of days, please come see me or contact me to find out was missed while you were away.

****It is extremely important to make up all components during an absence because our modules are short and often an absence could mean missing a required element of that module.***

"I didn't know about it" or "I wasn't there" are not acceptable.

Citizenship & Employability

C&E points are designed to keep you accountable for all of your choices. Each day you will begin with 4 C&E points, which you don't have to earn but you do have to keep. Each instance of rule breaking will result in the loss of one point. C&E points support behaviours that employers want to see in a workplace. Examples of when a point would be lost:

- late
- talking when inappropriate
- wasting time
- swearing/inappropriate language
- arguing, whining, complaining
- cell phone use



Who's cuisine will reign supreme?

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.

Guidelines

All preceding guidelines are subject to slight change

FYI

The Foods Studies room is a classroom, NOT your home kitchen or pantry.

You are responsible for:

- Maintaining kitchen sanitation /cleanliness
- Keeping your kitchen organized & safe
- Washing & drying all of your dishes
- Helping with laundry and other duties

Food is the most primitive form of comfort!

-Sheilah Graham

FOODS STUDIES 20/30

George McDougall High School

WEBSITE: gmhsfoods.weebly.com

PHONE: (403) 948-5935 EXT-5135

EMAIL: jbower@rvschools.ab.ca